

# CONSUMPTION OF CORK FISH (*Channa Striata*) TO ACCELERATE POST-OP WOUND HEALING *SECTIO CAESAREA* THROUGH MEDIA *BOOKLET*

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## **SUMMARY**

**Background;** *The cause of infection in post sectio caesarea is due to lack of unfulfilled nutrition so that it can impede the healing process of wounds. Childbirth by sectio caesarea in Indonesia in 2018 reached an average of 17,6%. Fulfillment of nutrition has an important role in the post sectio caesarea wound healing process, especially with foods that are high in fiber and protein. Cork fish is known as a fish that has high protein to accelerate wound healing post sectio caesarea.* **Method;** *The importance of information about the benefit of a cork fish consumption as the healing process of the wound is educated in the booklet. Booklet media is one of the media for health promotion to the public in the form of print media.* **Result;** *The title of the booklet is "Consumption of cork fish as a wound healing for cesarean section" was made using a design application with a size of 3.5 x 8.5 inches consisting of 12 pages.* **Conclusion;** *Booklet media can be a source of information and knowledge to the public, especially maternal patients after sectio caesarea surgery regarding the benefits of consuming snakehead fish in the wound healing process.*

**Keywords:** *sectio caesarea, Wound Healing, Cork Fish, booklet*