

**APPLICATION OF FOOTBATH THERAPY ON REDUCING PAIN SCALE
IN POST SECTIO CAESAREA IN ROOM CEMPAKA RSUD dr. SOEHADI
PRIJONEGORO SRAGEN**

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ABSTRACT

Background: Sectio caesarea delivery is a labor process by making incisions in the abdominal wall and uterus to give birth to the fetus from inside the uterus. The impact of sectio cesarea delivery will cause discomfort. One of them is abdominal incision pain so that management is needed to relieve pain, one of which is with footbath therapy. **Objective:** Knowing the application of foot bath therapy to reduce pain scale in post sectio caesarea mothers in the cempaka room RSUD dr. Soehadi Prijonegoro Sragen. **Method:** Application of footbath therapy is carried out using the NRS (Numeric rating scale) for 3 consecutive days in 1 day with a duration of 20 minutes. **Results:** Based on the results of the implementation that has been done, there was a decrease in the pain scale before and after the footbath therapy was carried out from the moderate pain category to the mild pain category. **Conclusion:** Footbath therapy can reduce pain in post sectio caesarea..

Keywords: footbath therapy, pain scale decrease, post sectio caesarea.