

**APPLICATION OF EARLY MOBILIZATION TECHNIQUES TO REDUCE PAIN
SCALE IN POST SECTIO CAESAREA PATIENTS
RSUD Dr. MOEWARDI SURAKARTA**

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ABSTRACT

Background: *Sectio caesarea* is an effort to deliver with a surgical procedure through the technique of making incisions in the abdominal wall and uterus to remove babies with a fetus weighing more than 1000 grams or gestational age > 28 weeks Niklasson, (2020). The current trend of *sectio caesarean* (SC) deliveries is not only for emergencies. The trend of deliveries by caesarean section has led to an increase in caesarean sections in a number of hospitals, both in private hospitals and government hospitals. Ayuningtyas et al., (2020). **Purpose:** To find out the results of the implementation of whether there is a decrease in pain intensity in post *sectio caesarea* patients by providing early mobilization techniques at RSUD Dr. Moewardi Surakarta. **Methods:** Using a case study design, the subject was 1 post *Sectio Caesarea* mother who was treated in the ponok room of RSUD Dr. Moewardi Surakarta. Measuring instrument for the level of pain using the *Numeric Rate Score* (NRS) pain scale. The application is carried out for 3 consecutive days, 1 day is done once with a duration of 15 minutes. **Results:** Application of early mobilization techniques to mothers after 6-8 hours after *Sectio Caesarea* there was a decrease in pain scale after being given early mobilization therapy in post *sectio caesarea* patients at RSUD Dr. Moewardi Surakarta

Conclusion: before the implementation of early mobilization exercises on pain scale 6 respondents was included in the moderate pain category, whereas after the implementation of early mobilization exercises on pain scale 2 respondents included in the mild pain scale, so there was a decrease in pain scale after early mobilization.

Keywords: *Early Mobilization, Sectio Caesarea, Pain*