

## **BENEFITS OF BELT LEAVES FOR HEALING PERINIUM REAR WOUNDS USING POCKET BOOK MEDIA**

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### ***SUMMARY***

Perineal wounds are tears that occur when a baby is born either spontaneously or by using tools or procedures. Rupture of the perineum that occurs in mothers giving birth. In Lampung province, perineal ruptures experienced by mothers giving birth resulted in 7% bleeding, and 5% infection of suture wounds. (Lampung Provincial Health Office, 2020). Efforts to reduce perineal lacerations are carried out using non-pharmacology. Betel leaves contain tannins, saponins, phenols and essential oils. Health education using pocket books is one way that can be done so that postpartum mothers will increase their knowledge and awareness about handling perineal wound lacerations so that perineal wounds can heal quickly and be handled well. Objective; To find out whether giving IEC using a pocket book is effective in increasing mothers' knowledge about the benefits of giving boiled betel leaf water in healing perineal wounds in postpartum mothers. Method; Using pocket book media to provide an Information Communication and Education (KIE) approach created using the Canva application. Results; Trials showed that the pocket book was interesting, easy to understand, and contained complete information about perineal lacerations and how to treat them using boiled betel leaf water. Conclusion; This pocket book media is useful for increasing knowledge about the causes, types and impacts of perineal lacerations so that later it can increase the knowledge of postpartum mothers who experience perineal lacerations. and increasing awareness of postpartum mothers so they can treat perineal lacerations.