

Early Mobilization as an Effort to Reduce Post-Caesarean Section Maternal Pain Levels Through Booklets

Elsa Rahmaningrum¹ , Irma Mustikasari²
elsarahmaningrum258@gmail.com
Program Studi Diploma III Keperawatan
Fakultas Ilmu Kesehatan Universitas 'Aisyiyah Surakarta

Summary

Background: *Caesarean section is a surgical delivery procedure that often causes post-operative pain, hinders maternal activity, and slows the healing process. A CS is performed as an alternative if the mother is unable to give birth naturally. However, as time goes by, CS is performed because it has become the choice of pregnant women. It is proven that the rate of Caesarean deliveries in Indonesia has reached 17.6%, far exceeding the recommended limit. The rate of Caesarean deliveries in Central Java Province is 17.1%.* **Objective:** *To increase the knowledge and insight of post-CS mothers by performing early mobilization to relieve pain.* **Method:** *Educational media in the form of a booklet was designed with the title "First Steps to Recovery: The Importance of Early Mobilization After Caesarean Section" providing simple, systematic, and easy-to-understand information about early mobilization.* **Results:** *This booklet has a positive impact on post-CS mothers, because they feel very helpful with this booklet so that post-CS mothers can perform early mobilization correctly and appropriately, and the pain they feel is reduced.* **Conclusion:** *This media supports accelerated recovery and improves the quality of life of post-operative mothers.*

Keywords: *Booklet, Post-CS Mother, Early Mobilization*