

**APPLICATION OF FOOTBATH TREATMENT FOR PAIN OF POST SECTIO
CAESAREA MOTHERS IN THE PONEK ROOM OF DR. SOERATNO
GEMOLONG SRAGEN HOSPITAL**

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ABSTRACT

Background: Sectio caesarea (SC) is a method of delivery with an increasing incidence rate and often accompanied by complaints of postoperative pain. This pain can interfere with maternal recovery, including delayed early mobilization and resting disorders. One of the effective non-pharmacological methods in reducing pain is footbath treatment. **Objective:** To determine the effect of the application of *Footbath treatment* on the reduction of pain in post-sectio caesarean mothers in the Ponek room of dr. Soeratno Gemolong Sragen Hospital. **Methods:** The study used a descriptive case study approach on two post SC respondents. *Footbath treatment* intervention done on the 2nd day was carried out 2 times in 2 days, for 15 minutes with water at a temperature of 38–40°C. Pain levels were measured using the Numerical Rating Scale (NRS) before and after the intervention. **Results:** Before the intervention, both respondents showed severe pain (score 7). After the intervention, the pain score decreased to 3 (mild pain), indicating a 4-point decrease in pain intensity in each respondent. **Conclusion:** *Footbath treatment* is effective in lowering pain levels in post-sectio caesarean mothers and can be an easy and inexpensive non-pharmacological therapy option to implement.

Keywords: Pain, *Post Sectio Caesarea*, *Footbath treatment*