

ABSTRACT

Pilla Aryanti (P032014401029) *Implementation Mobilization Early For Distraction Painful on Mother Post-Partum Sectio Caesarea in ward Teratai Arifin Hospital Ahmad Riau Province . Work Write Scientific Case Study DIII Nursing Study Program , Department Nursing , Polytechnic Health Riau Ministry of Health . Advisor (I) Ns. Masnun SST., S.Kep ., M.Kes . Advisor (II) Ns. Syafrisar Meri Agritubella S.Kep ., M.Kep .*

Sectio Caesarea is a medical action that is needed to help deliveries that cannot be carried out normally due to problems with the mother's health or the condition of the fetus. Early mobilization is an exercise that is performed immediately after surgery. Preliminary survey at Arifin Achmad Hospital in 2023, obtained data on mothers who gave birth by Sectio Caesarea in 2021 there were 391 cases, in 2022 there were 213 cases. This case study research uses a descriptive case study approach. The subjects used in this case study were 2 Post Sectio Caesarea mothers in the Teratai ward of Arifin Achmad Hospital, Riau Province. The data collection method used was by observing changes in pain levels before and after implementing early mobilization in stages. Judging from the observations of subjects I and Subject II, it can be seen that the reduction in the level of pain in subject I was more consistent by 1 per day, while in subject II the decrease in pain was inconsistent, but on day 3 the pain level immediately decreased by 2 so that the pain became 3. Based on the presentation of the study focus and discussion of the application of early mobilization for acute pain distraction in post partum mothers of Sectio Caesarea it is concluded that: from pain indicators it is known that pain changes for the better (pain level decreases).

Keywords: Sectio Caesarea, Pain, Early Mobilization, Post-Partum Mothers Sectio Caesarea