



Utilization of Home Care Using Standard Acupuncture and Post Particular Painting Intensity to Reduce Post Sectio Cesarea Pain Intensity in Hospital

Mitra Sejati Medan

1st Siska Suci Triana Ginting
 Department of midwifery
 STIKES Mitra Husada Medan
 Medan, Indonesia
 Email: sergiojayden@yahoo.co.id

2nd Lisa Putri Damanik
 Department of midwifery
 STIKES Mitra Husada Medan
 Medan, Indonesia
 Email: LisaDmnik@yahoo.co.id

3rd Herna Rina Yanti Manurung
 Department of midwifery
 STIKES Mitra Husada Medan
 Medan, Indonesia
 Email: hryantiii2@gmail.com

4th Zulkarnaen Batubara
 Department of midwifery
 STIKES Mitra Husada Medan
 Medan, Indonesia
 Email: Zulkarnaenn30@gmail.com

Corresponding author: sergiojayden@yahoo.co.id

Abstract - The mortality rate in cesarean section is 40-80 per 100,000 live births. This figure shows a 25x greater risk than labor through vaginal delivery. One Day Care service prevents patients from nosocomial infections because patients do not need to be treated long in the hospital so they can reduce costs incurred by patients. The purpose of this research is to gain more knowledge and understand about health care at home (home care) with standardized acupuncture and puerperal care techniques to reduce the intensity of post sectio pain in the area. Pre and post test research methods. The technique of measuring the decrease in pain intensity in this study was the researcher went to the Sectio Caesarea postoperative mother on the first day and intervened on postoperative pain and pain measurement, then the researcher performed acupuncture. The results of the study have the effect of the use of acupuncture therapy on pain reduction in post partum SC mothers.

Keywords: Home care, Acupuncture Technique, Standard Postpartum Care, Post Partum Pain Intensity, Post Cesarean Sectio

I. INTRODUCTION

Cesarean delivery can indeed facilitate the labor process so that many pregnant women who prefer to choose this path even though they can actually give birth normally. But the fact is, the death rate in cesarean section is 40-80 per 100,000 live births. This figure shows a 25x greater risk compared to labor through vaginal delivery. Even for one case because the infection has a figure 80x higher than vaginal delivery.

The specific target carried out in this study focuses on post partum patients with sectio caesarea who often experience disorders such as frequent resistance (numbness), spinal pain, or pain in the abdomen. The problem in this research is that there is

no treatment method for post sectio cesarean postpartum patients so that research needs to be done with the aim to find out the benefits of Home Care treatment, namely acupuncture techniques in post sectio cesarean postpartum patients. With

the results obtained, it will reduce mortality and infection in postpartum mothers. Republic of Indonesia Ministry of Health's study in 2000 showed that 97.7% stated that it needed to be developed at home health services, 87.3% said that standardization of personnel, facilities and services was needed, and 91.9% stated that the management of health care at home needed an operational permit [1]. Most post sectio cesarea patients are worried about complaints being addressed, because all of these complaints can basically be anticipated and overcome. Of course all of these problems can be overcome with proper and intensive care and handling. One Day Care service prevents patients from nosocomial infections because patients do not need to be treated long in the hospital so they can reduce costs incurred by patients. In addition to One Day Care, in Indonesia also known as Home Care.

Home health services are programs that already exist and need to be developed, because they have become the needs of the community. One form of health services that is appropriate and popular and touches the needs of the community through health care services at home or Home Care.

So far the forms of health services known to the public in the health service system are inpatient and outpatient services. On the other hand, many members of the public who suffer from illnesses due to various considerations have to be treated at home and not admitted to health care institutions. Factors that encourage the development of health care at home are terminal illness cases that are considered ineffective and inefficient if treated at health care institutions. For example, in end-stage cancer patients, there is no medical effort that can be done to achieve recovery.

Many people feel that hospitalization in a health care institution limits human life, because a person cannot enjoy life optimally because it is bound by the rules set, the environment at home turns out to be more comfortable for some patients compared to hospital treatment, so that it can speed healing [2].

Republic of Indonesia Ministry of Health's study in 2000 showed that 97.7% stated that it needed to be developed at home health services, 87.3% said that standardization of personnel, facilities and services was needed, and 91.9% stated that the management of health care at home needed an operational permit [1].

One Day Care service or a day care service that is a treatment in the short term (relatively short), which is 1 day or 24 hours. According to research almost 70% of Indonesian hospitals implement a one day care system. One Day Care service prevents patients from nosocomial infections because patients do not need to be treated long in the hospital so they can reduce costs incurred by patients. In addition to One Day Care, in Indonesia also known as Home Care. Home Care is a service that aims to increase, maintain or maximize the level of independence and minimize the consequences of disease.

Based on the results of the assessment that many people and health program managers stated that Home Care health care services need to be developed.

II. METHOD

This study used an experimental study with a pre-experimental design research design. While the design of this research design used One-Group pre-post test design, because pre-experimental did not require any control.

This data was obtained directly by means of observation and measurement of the pre and post test methods. The technique of measuring pain reduction in this study was that the researcher went to the Sectio Caesarea postoperative mother on the first day and intervened on postoperative pain and pain measurement, then the researcher performed acupuncture.

III. RESULTS AND DISCUSSION

In this study a significant effect was seen where mothers who had acupuncture and standard puerperal care to reduce the intensity of post partum post-caesaria pain at the Mitra Sejati hospital in Medan in 2018 had less pain than the control group who only performed relaxation techniques. In line with research [3]. where before therapy is done the intensity of pain is on an average scale of 5 and the highest is 9 whereas after being given therapy the intensity of pain decreases on an average of 4 being the lowest scale 1 so that there is a difference in pain intensity after sc after administration of therapy with a t value of 9,000 ($t_{count} > 2,042$) and Asymp. sig (2-tailed) of 0.001 ($p < 0.05$). Physical action of SC causes pain in the abdomen. Pain originating from a surgical wound [4]. SC deliveries have a higher pain of about 27.3% compared to normal deliveries which are only about 9%. Generally, pain is felt for several days. The pain increases on the first day post SC surgery. psychologically SC actions have an impact on fear and anxiety over pain felt after analgesics disappear. It also has a negative impact on the mother's self-concept. Because the mother loses the

experience of giving birth normally and the self-esteem associated with changes in body image due to surgery [5].

IV. CONCLUSION

1. Mothers who were made into the control group felt strong pain
2. Post partum mothers undergoing acupuncture intervention experienced a decrease in pain
3. There is an influence of the use of acupuncture therapy to reduce pain in post partum mothers SC ($P=0,000; < 0,05$).

V. SUGGESTIONS

It is expected that in collaboration with the Health Office in providing acupuncture therapy to reduce pain and launch breast milk to postpartum mothers and the need for providing adequate information for postpartum mothers about acupuncture therapy.

REFERENCES

- [1] Depkes RI. Buku pedoman pengenalan tanda bahaya pada kehamilan, persalinan dan nifas. Jakarta. Direktorat Jenderal Pembangunan Masyarakat Desa. 2000.
- [2] Depkes. Hasil Riskesdas 2013. Jakarta: 2013.
- [3] Dewi, Kartika. 2017. Akupunktur Sebagai Terapi Pada Frozen Shoulder. JKM Vol.11/No.1/ Juli 2017, hal 92-101, ISSN 1411-9641
- [4] Yudiyanta, Novita. (2015). Assessment Nyeri. Patient Comfort Assessment.
- [5] Dharmojono. 2015. Menghayati Teori dan Praktek Akupunktur dan Moksibusi. Jilid 1. Jakarta: Trubus Agriwidjaya