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GAMBARAN PENGETAHUAN IBU NIFAS TENTANG PERAWATAN LUKA PERINEUM

ABSTRAK

Latar Belakang: Robekan jalan lahir dapat terjadi karena rupture spontan ataupun episiotomy selama persalinan normal. Di Puskesmas Comoro, Dili Timor-Leste jumlah ibu nifas dalam 1 tahun terakhir (Januari-Desember, 2021) berjumlah 1711 ibu nifas dan 167 ibu nifas dari 1711 mengalami rupture perineum. Sekitar 9% persalinan terjadi baik rupture spontan maupun *episiotomy*. Hal ini bisa dapat terinfeksi jika tidak dilakukan perawatan luka perineum yang benar.

Tujuan: Untuk mengetahui gambaran pengetahuan ibu nifas tentang perawatan luka perineum di Puskesmas Comoro, Dili Timor-Leste Tahun 2022

Metode: Dalam penelitian ini menggunakan jenis deskriptif. Populasi yang digunakan dalam penelitian ini adalah semua ibu nifas di Puskesmas Comoro, Dili Timor-Leste dengan tanpa atau adanya rupture yang berjumlah 40 orang. Teknik pengumpulan sampel yaitu *quota sampling*. Analisis data dilakukan secara *univariate*.

Hasil: Gambaran pengetahuan ibu nifas yang berpengetahuan baik sebanyak 35 orang (87.5%) tentang pengertian perawatan luka perineum, yang berpengetahuan baik sebanyak 25 orang (62.5%) tentang tujuan perawatan luka perineum dan gambaran pengetahuan ibu nifas baik sebanyak 22 (55.0%) tentang cara/prosedur perawatan luka perineum.

Simpulan: Gambaran pengetahuan ibu nifas di Puskesmas Comoro, Dili Timor-Leste tentang perawatan luka perineum mayoritas berpengetahuan baik 31 responden (77.5%).

Saran: Kepada tenaga kesehatan Puskesmas Comoro, Dili Timor-Leste agar melakukan penyuluhan tentang tujuan dan cara perawatan luka perineum yang baik dan benar dengan menggunakan media berupa leaflet atau poster agar mudah mengerti oleh semua ibu pscamelahirkan.

Kata Kunci: Pengetahuan tentang perawatan luka perineum, Ibu Nifas

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DESKRPTION OF PORTPARTUM MOTHER'S KNOWLEDGE ABOUT PERINEAL WOUND CARE

ABSTRACT

Backgoud: Ruptured perineum may occur due to spontaneous rupture or episiotomy during normal delivery. In the Comoro, Dili Timor-Leste Health Center data number of post partum in the las 1 year (January-December, 2021) as much as 1711 postpartum mother's and from 167 postpartum mothe's out of 1711 experienced perineal rupture. It can become infected if not properly cared for perineal mouds.

Objective: For knowing the postpartum mother's knowledge about the meaning, purpose and methods/procedures of perineal wound care at the Comoro, Dili Timor-Leste Health Center in 2022.

Method: This research uses descriptive type. The population used in this study were all postpartum mother's at the Comoro, Dili Timor-Leste Health Center with or without rupture, totaling 40 people. The sample collection technique is quoa sampling. Data analysis was done by univariate.

Results: The description of knowledge of postpartum mothers who have good knowledge as many as 35 people (87.5%) about the meaning of perineal wound care, who have good knowledge of 25 people (62.5%) about the purpose of perineal wound care and a description of knowledge of good postpartum mothers as many as 22 (55.0%) about how/ perineal wound care procedures.

Summary: The description of the knowledge of postpartum mothers at the Comoro Health Center, Dili Timor-Leste about perineal wound care, the majority of respondents had good knowledge of 31 respondents (77.5%).

Sugestions: To the heath workers at the Comoro, Dili Timor-Timor Leste Health Center to provide counseling about the goals ang methods of good ang correc perineal wound care using media in the from leaflets or posters so that it's easily undertood by all postpartum mother's.

Keywords: Knowledge of the perineum wound care, mother childbirth