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HUBUNGAN MOBILISASI DINI POST SECTIO CAESAREA DENGAN PROSES PENYEMBUHAN LUKA OPERASI DI RUMAH SAKIT UMUM SUAI COVALIMA TIMOR-LESTE TAHUN 2026

ABSTRAK

Latar Belakang : Mobilisasi dini merupakan upaya mengajarkan dan mendorong pasien untuk bergerak secara bertahap (duduk, berdiri, berjalan) sejak beberapa jam pertama pascaoperasi, dan menjadi salah satu komponen penting dalam jalur pemulihan pascasectio caesarea (ERAS) karena dapat mengurangi risiko trombosis vena dalam, mempercepat pemulihan fungsi gastrointestinal, serta menunjang proses penyembuhan luka. Berdasarkan laporan klinis dan pengamatan kebidanan internal Rumah Sakit Umum Suai Covalima Timor-Leste tahun 2025, dari 100 pasien pascasectio caesarea, 25 pasien (25%) mengalami penyembuhan luka yang relatif lambat dan 10 pasien (10%) mengalami komplikasi insisi. Pelaksanaan mobilisasi dini di rumah sakit ini masih bervariasi dan belum merata pada seluruh pasien.

Tujuan : Untuk mengetahui hubungan antara mobilisasi dini post sectio caesarea dengan proses penyembuhan luka operasi pada ibu post sectio caesarea di Rumah Sakit Umum Suai Covalima Timor-Leste tahun 2026.

Metode : Penelitian ini merupakan penelitian analitik observasional dengan pendekatan cross-sectional. Populasi dalam penelitian ini yaitu seluruh ibu post sectio caesarea yang dirawat di Rumah Sakit Umum Suai Covalima Timor-Leste pada bulan Juni 2026. Teknik pengambilan sampel menggunakan total sampling berbatas waktu (purposive/consecutive sampling). Sampel berjumlah 20 responden. Alat pengumpulan data berupa lembar observasi mobilisasi dini dan instrumen REEDA Scale, uji analisis menggunakan uji Chi-Square (Fisher's Exact Test).

Hasil : Sebagian besar responden melaksanakan mobilisasi dini sebanyak 14 responden (70,0%) dan sebagian besar mengalami penyembuhan luka operasi dengan kategori baik sebanyak 12 responden (60,0%). Uji Fisher's Exact Test menunjukkan terdapat hubungan antara mobilisasi dini dengan proses penyembuhan luka operasi dengan nilai p-value < 0,001 (p < 0,05), dengan kekuatan hubungan yang sangat kuat (koefisien Phi dan Cramer's V = 0,802).

Simpulan : Terdapat hubungan mobilisasi dini dengan proses penyembuhan luka operasi pada ibu post sectio caesarea di Rumah Sakit Umum Suai Covalima Timor-Leste. Disarankan kepada pihak rumah sakit untuk menstandarkan protokol mobilisasi dini pascaoperasi sectio caesarea disertai manajemen nyeri yang optimal, sehingga pelaksanaan mobilisasi dini dapat berjalan lebih merata pada seluruh pasien.

Kata Kunci: Mobilisasi Dini, Sectio Caesarea, Penyembuhan Luka Operasi.

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THE RELATIONSHIP BETWEEN EARLY MOBILIZATION POST SECTIO CAESAREA AND THE SURGICAL WOUND HEALING PROCESS AT SUAI COVALIMA GENERAL HOSPITAL, TIMOR-LESTE, 2026

ABSTRACT

Background: Early mobilization refers to teaching and encouraging patients to move gradually (sitting, standing, walking) within the first few hours after surgery, and is an essential component of the postoperative recovery pathway (ERAS) following sectio caesarea, as it can reduce the risk of deep vein thrombosis, accelerate the recovery of gastrointestinal function, and support the wound healing process. Based on clinical reports and internal midwifery observations at Suai Covalima General Hospital, Timor-Leste, in 2025, of 100 post-sectio caesarea patients, 25 patients (25%) experienced relatively delayed wound healing and 10 patients (10%) experienced incision complications. The implementation of early mobilization at this hospital remains inconsistent and has not been evenly applied to all patients.

Objective: To determine the relationship between early mobilization post sectio caesarea and the surgical wound healing process in post-sectio caesarea mothers at Suai Covalima General Hospital, Timor-Leste, 2026.

Methods: This study used an observational analytical research design with a cross-sectional approach. The population in this study consisted of all mothers post sectio caesarea who were hospitalized at Suai Covalima General Hospital, Timor-Leste, in June 2026. The sampling technique used was time-limited total sampling (purposive/consecutive sampling), with a total sample of 20 respondents. Data were collected using an early mobilization observation sheet and the REEDA Scale instrument. Data analysis was performed using the Chi-Square test (Fisher's Exact Test).

Results: The majority of respondents carried out early mobilization, with 14 respondents (70.0%), and the majority experienced good surgical wound healing, with 12 respondents (60.0%). Fisher's Exact Test showed a relationship between early mobilization and the surgical wound healing process, with a p-value < 0.001 ($p < 0.05$), with a very strong association between the two variables (Phi coefficient and Cramer's $V = 0.802$).

Conclusion: There is a relationship between early mobilization and the surgical wound healing process in post-sectio caesarea mothers at Suai Covalima General Hospital, Timor-Leste. Hospitals are encouraged to standardize the postoperative early mobilization protocol for sectio caesarea, accompanied by optimal pain management, so that the implementation of early mobilization can be applied more evenly to all patients.

Keywords: Early Mobilization, Sectio Caesarea, Surgical Wound Healing.