

Efektifitas pendidikan kesehatan tentang nutrisi dan perawatan luka dengan video terhadap penyembuhan luka sesar

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Abstrak

ABSTRAK

Penyembuhan luka sesar dipengaruhi oleh status nutrisi dan perawatan luka.

Penelitian ini bertujuan mengetahui keefektifan pendidikan kesehatan dengan media audio visual tentang nutrisi dan perawatan luka terhadap penyembuhan luka sesar.

Metode yang digunakan adalah kuasi eksperimen dengan sampel 80 ibu paska bedah sesar, yang dibagi atas 40 kelompok intervensi dan 40 kelompok non intervensi.

Pengambilan sampel dilakukan dengan consecutive sampling. Hasil yang didapatkan, pendidikan kesehatan efektif meningkatkan pengetahuan ($p=0,001$; $\alpha=0,05$) dan sikap tentang nutrisi dan perawatan luka ($p=0,000$; $\alpha=0,05$) serta penyembuhan luka bedah sesar ($p=0,025$; $\alpha=0,05$). Faktor yang mempengaruhi penyembuhan luka adalah tingkat sosial ekonomi dan pantangan makanan. Pemberi pelayanan keperawatan dapat menggunakan media audio visual dalam memberikan pendidikan kesehatan di Rumah Sakit.

Abstract

Numerous factors have the potential to delay healing and cause infection, they are nutrition and wound management. The aim of this research was to identify the effectivity of audiovisual as a mean for health teaching in caesarean section wound healing. The design for this research was quasi experimental with 80 respondents.

The sample was chosen with consecutive sampling. Questionnaire was given all respondents and then analyzed with chi-square and logistic regression. There were significant difference in knowledge and attitude improvement and caesarean site healing between control and intervention groups after the health teaching

(knowledge; $p=0,001$; $\alpha=0,05$; attitude; $p=0,000$; $\alpha=0,05$; wound healing; $p=0,025$; $\alpha=0,05$). factors that influence the wound healing was economic status and food restriction. This study demonstrates that the use of video can lead to an increase in nutritional and wound management knowledge, and the caesarean wound healing. Midwives and others involved in the care of women could use the audio visual as a mean for health teaching in the hospital setting.