

## Efektifitas mengunyah permen karet dan mobilisasi dini terhadap motilitas usus pada ibu pasca bedah sesar = effectiveness of chewing gum and early mobilization to bowel motility of a mother after caesarean section

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### Abstrak

[Penelitian ini bertujuan untuk membuktikan efektivitas mengunyah permen karet dan intervensi mobilisasi dini. Sebuah penelitian time series, 46 wanita pasca bedah sesar elektif dengan anestesi spinal dibagi ke dalam dua kelompok. Uji man-whitney dan chi-square digunakan untuk analisis statistik. Frekuensi bising usus ( $7 \pm 5-10$  dibanding  $6 \pm 1-8$ ). Waktu pertama kali flatus ( $7 \pm 6-10$  dibanding  $16 \pm 11-20$ ), secara signifikan lebih cepat muncul pada kelompok mengunyah permen karet dan intervensi mobilisasi dini dibandingkan dengan yang intervensi mobilisasi dini. Nilai masing-masing  $p=0,00$  dan  $p=0,00$ . Mengunyah permen karet dan intervensi mobilisasi dini efektif dalam mempercepat pengembalian motilitas usus pasca bedah sesar dan dapat digunakan sebagai manajemen protokol pasca operasi; The aim of study was to prove the effectiveness of gum's chewing and early mobilization intervention. A time series study with forty-six women for elective caesarean section under spinal anaesthesia were divided into two groups. The Student's man-whitney and chi's square test were used for statistical analysis. The frequency of bowel sounds ( $7 \pm 5-10$  vs  $6 \pm 1-8$ ). The first passage of flatus ( $7 \pm 6-10$  vs  $16 \pm 11-20$ ), were significantly reduced in patients that chewed gum and early mobilization intervention compared with early mobilization intervention.  $p=0,00$  and  $p=0,00$ , respectively. Gum's chewing and early mobilization intervention have a beneficial effect on early return of bowel function following cesarean section and should be included in the postoperative management protocol., The aim of study was to prove the effectiveness of gum's chewing and early mobilization intervention. A time series study with forty-six women for elective caesarean section under spinal anaesthesia were divided into two groups. The Student's man-whitney and chi's square test were used for statistical analysis. The frequency of bowel sounds ( $7 \pm 5-10$  vs  $6 \pm 1-8$ ). The first passage of flatus ( $7 \pm 6-10$  vs  $16 \pm 11-20$ ), were significantly reduced in patients that chewed gum and early mobilization intervention compared with early mobilization intervention.  $p=0,00$  and  $p=0,00$ , respectively. Gum's chewing and early mobilization intervention have a beneficial effect on early return of bowel function following cesarean section and should be included in the postoperative management protocol.]