

ABSTRACT

THE EFFECT OF ICE PACK COMPRESSES ON REDUCING THE INTENSITY OF PERINEAL WOUND PAIN IN POSTPARTUM MOTHERS IN PMB EMI NARIMAWATI

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Background: As many as 85% of natural deliveries result in trauma to the perineum. Wounds and sutures in the perineum must be handled properly, otherwise they can cause new problems such as infection and pain, which can affect the breastfeeding process, early mobilization and sexual life.

Objective: In this study was to determine the effect of ice pack compress on reducing the intensity of perineal wound pain in post partum mothers.

Methods: This study design was Quasi-Experiment pre-Test Post-Test With Control Group. The subjects used were 36 respondents divided into 18 respondents in the experimental group who were given ice pack compresses and 18 respondents in the control group who were given mefenamic acid. Data collected method Numeric Rating Scale instrument and data analysis used Wilcoxon test and Mann Whitney test.

Results: The results of the Wilcoxon test showed that the average intensity of perineal wound pain in the experimental group before and after ice pack compresses was 3.29 ± 0.698 and 1.22 ± 0.647 . The average intensity of perineal wound pain in the control group before and after mefenamic acid was 3.06 ± 0.802 and 1.61 ± 0.502 , respectively. The statistical of the mann whitney test showed the intensity of perineal wound pain after ice pack compresses were applied to the experimental group and after mefenamic acid was given to the control group. It was found that there was a difference in the intensity of perineal wound pain by 2.17 points compared to mefenamic acid by 1.45 points.

Conclusion: The intervention of ice pack compress has more effective than intervention of mefenamic acid.

Keyword: Ice Pack Compress, Pain, Postpartum Mother

ABSTRAK

PENGARUH KOMPRES *ICE PACK* TERHADAP PENURUNANAN INTENSITAS NYERI LUKA *PERINEUM* PADA IBU NIFAS DI PMB EMI NARIMAWATI

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Latar Belakang: Sebanyak 85% dari persalinan alami mengakibatkan trauma pada *perineum*. Luka dan jahitan pada *perineum* harus ditangani dengan baik, jika tidak, dapat menimbulkan masalah baru seperti infeksi dan nyeri, yang dapat mempengaruhi proses menyusui, mobilisasi dini dan kehidupan seksual.

Tujuan: Untuk mengetahui adanya pengaruh kompres *ice pack* terhadap penurunan intensitas nyeri luka *perineum* pada ibu *post partum*.

Metode: Penelitian ini menggunakan rancangan Quasi eksperimen pre-test-post-test with control group. Subyek yang digunakan sebanyak 36 responden yang terbagi atas 18 responden pada kelompok eksperimen yang diberi kompres *ice pack* dan 18 responden pada kelompok kontrol yang diberi *asam mefenamat*. Metode pengumpulan data dengan menggunakan instrumen *Numeric Rating Scale* dan analisis data menggunakan uji *wilcoxon* dan *uji mann whitney*.

Hasil: Hasil uji *wilcoxon* menunjukkan bahwa rata-rata intensitas nyeri luka *perineum* pada kelompok eksperimen sebelum dan setelah dilakukan kompres *ice pack* sebesar $3,29 \pm 0,698$ dan $1,22 \pm 0,647$. Sedangkan rata-rata intensitas nyeri luka *perineum* pada kelompok kontrol sebelum dan setelah diberikan *asam mefenamat* sebesar $3,06 \pm 0,802$ dan $1,61 \pm 0,502$. Perbedaan statistik uji *mann whitney* menunjukkan intensitas nyeri luka *perineum* setelah dilakukan kompres *ice pack* pada kelompok eksperimen dan setelah diberikan *asam mefenamat* pada kelompok kontrol didapatkan bahwa terdapat perbedaan penurunan intensitas nyeri luka *perineum* sebesar 2,17 poin dibandingkan dengan pemberian *asam mefenamat* sebesar 1,45 poin.

Kesimpulan: Pemberian kompres *ice pack* memiliki efektifitas lebih besar dalam menurunkan intensitas nyeri ibu *post partum* 2 jam dibandingkan pemberian *asam mefenamat*.

Kata Kunci: Kompres *Ice Pack*, Nyeri, Ibu Nifas