

EFFECT OF COUNSELING EARLY MOBILIZATION TO THE PRACTICE OF EARLY PREVENTION OF POST DURAL PUNCTURE HEADACHE POST SECTIO CAESAREA

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'ABSTRACT

The frequency of delivery through section caesarea in Indonesia is high, and this is because by surgery made safer from the risk of mother normal delivery, the number of babies injured by prolonged labor and less traumatic surgery. Section caesarea with spinal anesthesia with few complications, one of which Post-Dural Puncture Headache. Post Dural Puncture Headache in Indonesia incidence Approximately 0-10% at patients after spinal. PDPH can be an inconvenience made in asking when activity especially currently contact the baby. Early mobilization be one way to prevent post-dural puncture headache. Preventive measures that can be taken which provide counseling for women who will undergo section caesarea on the importance of early mobilization to prevent Post-Dural Puncture Headache. This study was to see if there is the effect of early mobilization against the practice of counseling Post-Dural Puncture Headache prevention of post section caesarea. Method is Quasi-experimental research, the research design post test with a control group. The population of all women undergoing section caesarea with spinal anesthesia. Sample was taken by purposive sampling were divided into two groups, namely the intervention and control groups of 32 respondents respectively corresponding inclusion and exclusion criteria. Results showed most respondents prevention intervention group practices PDPH which 31 (96.9%) and the majority of respondents in the control group did not practice preventive PDPH which 27 people (84.4%), the Chi Square test p value = 0,000 (α 0.05) which means that the hypothesis is accepted. Conclusion the study demonstrated there is effect between the intervention groups with prevention practices did PDPH so important extension services provided by nurse anesthetist before surgery for prevention of PDPH.

Keywords : Counseling, Early Mobilization, Section Caesarea, Post Dural Puncture Headache

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**PENGARUH PENYULUHAN MOBILISASI DINI TERHADAP PRAKTIK
PENCEGAHAN *POST DURAL PUNCTURE HEADACE*
PASCA *SECTIO CAESAREA***

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'ABSTRAK

Frekwensi persalinan melalui *sectio caesarea* di Indonesia terbilang tinggi, hal ini disebabkan karena lewat pembedahan menjadikan ibu lebih aman dari risiko persalinan normal, jumlah bayi yang cedera akibat partus lama dan pembedahan traumatik berkurang. *Sectio caesarea* dengan anestesi spinal disertai beberapa komplikasi, salah satunya *Post Dural Puncture Headache*. *Post Dural Puncture Headache* di Indonesia insidensinya sekitar 0-10% pada pasien pasca spinal. PDPH dapat membuat ketidaknyamanan pada ibu saat beraktifitas khususnya saat kontak dengan bayinya. Mobilisasi dini menjadi salah satu cara untuk mencegah *post dural puncture headache*. Tindakan preventif yang dapat diambil yakni memberikan penyuluhan pada ibu yang akan menjalani *sectio caesarea* tentang pentingnya mobilisasi dini untuk mencegah *Post Dural Puncture Headache*. Penelitian ini untuk melihat apakah ada pengaruh pemberian penyuluhan mobilisasi dini terhadap praktik pencegahan *Post Dural Puncture Headache* pasca *sectio caesarea*. Metode penelitian *quasi experimental*, desain penelitian post tes dengan kelompok kontrol. Populasi seluruh ibu yang menjalani *sectio caesarea* dengan anestesi spinal. Sampel diambil secara *purposive sampling* dibagi dalam dua kelompok, yakni kelompok intervensi dan kontrol masing-masing 32 responden sesuai kriteria inklusi dan eksklusi. Hasil penelitian menunjukkan sebagian besar responden kelompok intervensi melakukan praktik pencegahan PDPH yakni 31 orang (96,9%) dan sebagian besar responden pada kelompok kontrol tidak melakukan praktik pencegahan PDPH yakni 27 orang (84,4%), uji *Chi Square* didapatkan nilai $p = 0,000$ ($\alpha 0,05$) yang berarti hipotesis diterima. Kesimpulan penelitian menunjukkan terdapat pengaruh pemberian penyuluhan terhadap praktik pencegahan PDPH pasca *sectio caesarea* pada kelompok intervensi, sehingga pemberian penyuluhan penting dilakukan oleh perawat anestesi sebelum operasi sebagai tindakan pencegahan PDPH.

Kata Kunci : Penyuluhan, Mobilisasi Dini, *Post Dural Puncture Headache*, *Sectio Caesarea*

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