

# THE APPLICATION OF EARLY MOBILIZATION ON MOTHER POST SECTIO CAESAREA WITH MEETING THE NEED OF ACTIVITY IN NUSA INDAH 2 ROOM RSUD SLEMAN

Prisca Adhe Mawarni<sup>1</sup> , Ana Ratnawati<sup>2</sup> , Sari Candra Dewi<sup>3</sup>

Department of Nursing Poltekkes Kemenkes Yogyakarta, Jl. Tata Bumi No. 3  
Banyuraden, Gamping, Sleman, Yogyakarta 55293, 0274-617679

Email : [mawarprisca@gmail.com](mailto:mawarprisca@gmail.com)

## ABSTRACT

**Background:** Riskesdas 2013 results show that the birth of Sectio caesare (SC) has increased by 9.8% and the proportion in DIY itself is 16.2%. Fulfillment of activity needs in post SC mothers is an effort to maintain independence as early as possible. The application of early mobilization has a physical effect. Delays in mobilization will make post-sectio casarea recovery inhibited.

**Objective:** To describe the implementation of early mobilization to meet activity needs in post SC mothers.

**Methods:** Case study using descriptive method that describes and describes the problem of research on two patients post SC post-day 0, SC first and able to become respondents research. This case study was conducted in Nusa Indah Room 2 RSUD Sleman Yogyakarta in the first week up to the third of May 2018.

**Result:** after the implementation of early mobilization, the patient is able meet the needs of the mother gradually within 3 days post SC with independence score 19 in both patients.

**Conclusion:** the implementation of early mobilization in post-SC mother is achieved in improving maternal activity in accordance with its stages.

Keywords: Sectio Caesarea (SC), Early Mobilization, Activity

<sup>1</sup>)Student of Nursing Department of Poltekkes Kemenkes Yogyakarta

<sup>2,3</sup>)Lecturer Department of Nursing Poltekkes Kemenkes Yogyakarta