

## Characteristics of Postpartum Mother with Perineum Scars at Trismalia Deli Serdang Clinic, 2020

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### ABSTRACT

The maternal mortality rate is still high, the causes of maternal death are mostly bleeding, infection, pre-eclampsia and eclampsia as well as unsafe abortion. One of the infections that can occur during the puerperium is the perineal wound that does not heal. Perineal wound is a wound that occurs during childbirth in the part between the vulva and rectum. The wound healing process can be accelerated by treating the wound using either medicine or herbs. Aim: to see the characteristics of postpartum mothers who have perineal injuries at the Trismalia Deli Serdang Clinic. Method: Deskriptif . The population of this study were 36 postpartum mothers with perineal injuries. Result: Education: majority of SMA 16 people (44.4%), Occupation: Majority of housewives 30 people (83, 3%), Age: 20-35 years 34 people (94.4%) Parity is 50% primigravida and 50% multiparous, Birth weight: the majority 2500-3000 grams Conclusion: Characteristics of postpartum mothers in the Trismalia Deli Serdang clinic who suffered injuries in terms of education, work, age, parity, Upper Arm Circumference. Suggestion: look for the relationship between education, occupation, age, parity, Upper Arm Circumference to perineal wound healing

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## 1. Introduction

Maternal Mortality Rate (MMR) is the ratio of deaths that occur during pregnancy, childbirth and childbirth caused by circumstances and not due to accidents. The MMR that occurs is still very high. According to the World Health Organization (WHO) MMR occurs in 42 people every day. Based on the Indonesian Demographic and Health Survey (SKDI) in 2012 the MMR was 359 per 100,000 live births (1). In 2019 the MMR has reached 305 per 100,000 live births, but this figure is still far from the Millennium Development Goals (MDGs) target of 102 per 100,000 live births (2). The majority of maternal deaths are bleeding, infection, pre-eclampsia and eclampsia as well as unsafe abortion (3). Postpartum infection can be caused by a perineal wound that does not heal. Wounds are a form of tissue damage to the skin caused by trauma, surgery, neuropathy, vascular, compression, malignancy (4) The perineum is the part between the vulva and the rectum

Perineal injury is a wound that occurs during childbirth in the part between the vulva and rectum. The wound healing process can be accelerated by treating the wound. Can use chemical drugs or herbal medicines (5). Previous journals herbal ingredients that can heal perineal wounds using binahong leaf simplicia (6). The better perineal care, the faster healing of perineal wounds. There is a relationship between infection factors and perineal wound healing time. However, it is all supported by internal factors such as nutrition and external factors such as personal hygiene. From the results of a survey conducted at the Trismalia Laut Dendang clinic, 8 of the 10 mothers who gave birth had perineal injuries, 8 people (80%), and 9 people (90%) agreed that herbal remedies can accelerate the healing of perineal wounds

The puerperium period starts from the time the placenta is born until the uterus tool returns to its original state of about 6 weeks (7). The postpartum period can be divided into 3 parts, namely the early puerperium (the mother's recovery period can be up and running in a span of 40 days), the intermediate puerperium (recovery of the genitalia in the span of 6-8 weeks) and the remote puerperium (complete recovery of the mother). During childbirth, the mother will experience gradual changes so that her condition will recover to its original state. This occurs in several systems of the mother's body, namely vital pulse signs, temperature, respiration and blood pressure, blood circulation, cardiovascular system, hematology system, digestion, musculoskeletal system, weight loss, endocrine changes, peritoneum and abdominal wall, breast changes, system elimination

In the musculo-skeletal system, the muscle system of the puerperal mother will experience looseness, especially in the ligaments that support the uterus, as well as loose fascia or the supporting tissue of the genitalia. The abdominal wall becomes soft and saggy. To restore this, postpartum exercise can be recommended since 2 days post partum. During childbirth, the mother also has the need for body

recovery to its original state, namely the calorie needs of the postpartum mother of around 3000-3800 cal with a balanced menu and the need for elimination of the mother must be able to maintain personal hygiene for the postpartum mother, one of which is to carry out perineal care by flushing the perineum, not touching the area. wound to the perineum and change dressings at least 4 times a day. To support the health of postpartum mothers, the government has made a policy to detect and manage complications, including if there is an infection during the postpartum period.

A wound is a forced tear of tissue. Injury to the perineum occurs during childbirth, namely the discharge of the head from the vaginal opening which makes the perineum too stretched. Not all women who experience perineal injury depend on the plasticity of the perineum, pushing techniques and other risk factors that cause the injury. Naturally, our bodies will repair wounds but to support this process the body needs good nutrition. If that is not fulfilled then the wound will fail to repair

Factors that influence wound healing are age, education level, parity, nutrition, rest, personal hygiene (4) . Spontaneous perineal injuries are injuries that occur during spontaneous delivery and intentional perineal injuries (episiotomy), namely injuries that occur due to incision of the perineal area (intentional). Based on the level of depth of the perineal wound is divided into 4, namely grade I: tears only in the vaginal mucosa or perineal skin (no need to stitch), grade II: Tears occur in the vaginal mucosa, skin and perineal muscles (need to be sutured), grade III: tears in the vaginal mucosa , skin, muscle of the perineum and external anal sphincter (need to be sutured), grade IV: tear of the perineum to the anal sphincter muscle and mucosa of the rectum

Perineal injuries often occur in first-degree children with second and third degree of injury with infants weighing 3500 grams and over (8). Many things can be used to speed up the healing of perineal wounds using coconut virgin oil, consuming binahong leaf stew(6) , red betel (9) and Kegel exercises (10).

## 2. Method

This type of research is descriptive, To describe the characteristics of postpartum mothers with perineal injuries at the Trismalia Deli Serdang Clinic. The data used are primary data using a questionnaire instrument filled by interview. Samples were postpartum mothers who suffered perineal injuries at the Deli Serdang Trismalia Clinic. The sampling technique was carried out accidentally from June to August 2020 as many as 36 postpartum mothers. The sampling technique was carried out accidentally from June to August 2020 as many as 36 postpartum mothers. The data were analyzed univariately, namely editing, coding, tabulating and creating a frequency distribution table

## 3. Results & Analysis

The results of this study are as shown in table 1:

**Table 1**  
Frequency Distribution of Respondents with Perineal Injuries at Trismalia Clinic, Deli Serdang based on Age, Education, Occupation, Parity, Upper Arm Circumference

Category	Frequency	Persentase (%)
<b>Age</b>		
< 20 Years	2	5,66
20-35 years	34	94,44
<b>Total</b>	<b>36</b>	<b>100</b>
<b>Education</b>		
SD	1	2,58
SMP	11	30,6
SMU	6	44,4
S1	8	22,2
<b>Total</b>	<b>36</b>	<b>100</b>
<b>Occupation</b>		
Housewife	30	83,3
General employees	5	13,9
Government employees	1	2,8
<b>Total</b>	<b>36</b>	<b>100</b>
<b>Parity</b>		
Primipara	18	50,0
Multiparous	18	50,0
<b>Total</b>	<b>36</b>	<b>100</b>

Category	Frequency	Persentase (%)
Upper Arm Circumference (cm)		
≥ 23	36	100
<b>Total</b>	<b>36</b>	<b>100</b>

From Table 1, we can see that the majority of respondents who experienced perineal injuries based on age were 20-35 years (94.44%) and a minority aged 20 years (5.66%), based on education is SMA with equivalent as many as 16 people (44.4%) and minority elementary education as many as 1 person (2.8%), based on occupation are housewives as many as 30 people (83.3%) and minority of civil servant jobs as many as 1 person (2.8%), based on parity, there are as many primiparous and multiparous as 18 people (both 50%) based on the Upper Arm Circumference (LILA) is  $\geq 23$  cm as many as 36 people (100%)

#### 4. Discussion

##### A. Based on age

From Table 1, we can see that the majority of respondents who experienced perineal injuries based on age were 20-35 years (94.44%) and a minority aged 20 years (5.66%). Age maturity makes someone act more mature as well for self-improvement. According to previous research that there is a relationship between age and behavior in treating perineal wounds (11). In other studies, age affects the healing of perineal wounds (12). The young age makes the perineal wound tissue fuse together younger. The majority of respondents aged 20-35 years are still in the healthy age category, their reproductive period, including their perineal wound recovery. Researchers assumed that the respondents' perineal wounds would heal well because the majority of respondents were adults, namely 20-35 years old and still in the good reproductive period.

##### B. Based on Education

We can see that the majority of respondents who suffered perineal injuries based on education were 16 high school equivalent (44.4%) and 1 minority elementary education (2.8%). The higher a person's education, the higher his knowledge, according to previous research that good maternal knowledge is very influential in healing perineal wounds (13). Researchers assume that respondents will not experience postpartum infection because the majority of respondents have high school education / equivalent

##### C. Based on Occupation

From table 1 we can see that the majority of respondents who suffered perineal injuries based on work were 30 housewives (83.3%) and a minority of civil servant occupations as many as 1 person (2.8%). From the results of previous studies that work will affect the healing of perineal wounds because mothers work to get more information

##### D. Based on Parity

From Table 1, we can see that the respondents who experienced perineal injuries based on parity were as many as primiparous and multiparous, namely 18 people (both 50%). From the results of previous research there was no relationship between parity or anything(13). However, the results of other studies suggest that there is a relationship between parity and perineal wound healing. There is also a research result that high parity (multiparous) improves wound healing because of experience. In other studies it is also said that lower parity will pay more attention to nutrition (nutrition) and will make perineal wounds heal properly (12). Researchers assume that the respondents' perineal wounds will heal well because the respondents' parity is the same as 50% between primigravidas and primigravidas, multiparous

##### E. Based on the Size of the Upper Arm

From table 1 we can see that the majority of respondents who experienced perineal injuries based on the circumference of the upper arm were  $\geq 23$  cm as many as 26 people (100%). To determine the nutritional status of a good woman, it can be seen from the circumference of her upper arm. The normal size is 23 cm and above

Nutritional status is very helpful in healing perineal wounds(14). This is also supported by the results of previous studies that there is a relationship between the fulfillment of the nutrition of postpartum mothers and the recovery of perineal wounds(15). The researcher assumed that the respondent's perineal wound would heal well because the size of the upper arm circumference of all respondents was normal, namely  $\geq 23$  cm

## 5. Conclusions

The conclusion of the results of this study is that the characteristics of respondents who experienced perineal injuries at the Trismalia Clinic, Deli Serdang, in 2020 based on age, education, occupation, parity, , it is likely that the perineal wound will heal properly.

### Suggestion

It is advisable to find the relationship of each respondent's characteristics to perineal healing

### Thank-you note

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