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Comparison Effectiveness Of Ice Pack Therapy And Cinnamin Decil On Reduce Perineal Wound Pain In Padasuka Village Working Area, Kab. Lebak The Year 2022

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ABSTRACT

Background : WHO (2018) states that the Maternal Mortality Rate (MMR), there are approximately 830 women who die every day due to things that can actually be anticipated which are generally related to the process of pregnancy and childbirth. Pain or morbidity that occurs early in the puerperium is generally caused by the influence of mastitis, urinary tract infections, infections of episiotomy and laceration wounds, and other diseases. The puerperium is the period since the birth of the baby, the discharge of the amniotic fluid, the birth of the placenta, and the membranes needed to restore the health condition of the uterine organs back to their pre-pregnancy state.. This period generally occurs around 6 weeks. The general condition in postpartum mothers is feeling of pain and discomfort in the area of ruptured sutures (perineal wounds).

Purpose : Knowing the Comparative Effectiveness of Ice Pack Therapy and Cinnamon Decoction on Reducing Perineal Wound Pain in Padasuka Village in 2022

Method : The method in this research is experiment. The type of research used is Quasi Experimental. The population in this study were all postpartum mothers in the working area of Padasuka Village, Kab. Lebak as many as 87 samples. The sample in this study was 30 postpartum mothers. The sampling technique is Purposive Sampling.

Result : There is a comparative effect of ice pack and cinnamon extract therapy on reducing the intensity of perineal wound pain level II, this is in line with the results of the Mann Whitney U test with a significant value of $0.000 < 0.05$.

Conclusion and Suggestion : There is a comparison of the effect of ice pack therapy and cinnamon extract on reducing pain intensity in grade II perineal wounds. Treatment of perineal tear pain during the postpartum period is an important thing that is needed by postpartum mothers, therefore it is very necessary to have a good treatment and intensive care that is able to overcome the mother's complaints of felt wound pain so that the mother feels comfortable during her postpartum period.

Keywords: WHO, Pain, Treatment.

I. PRELIMINARY

WHO (2018) states that the Maternal Mortality Rate (MMR), there are approximately 830 women who die every day due to things that can actually be anticipated which are generally related to the process of pregnancy and childbirth. The total maternal mortality rate of 99% is found in developing countries. The common cause of death in mothers worldwide is caused by complications during pregnancy or during the delivery process.

Sustainable Development Goals (SDG) 3 is to reduce the number of maternal deaths globally to 70 or less per 1000 births, and it is expected that no country has a number of maternal deaths 2x or more than the global average. A woman who died was caused by complications that occurred during pregnancy and childbirth. Severe bleeding that takes place after giving birth, infection, high blood pressure experienced during pregnancy (pre-eclampsia or eclampsia), complications during childbirth, and unsafe abortion are the most common causes of nearly 75% of all maternal deaths. (WHO, 2019).

Labor events and birth processes are normal or physiological events that are in the phase of a woman's life. Labor (labor) is a series of events beginning with the emergence of regular contractions until the products of conception (fetus, amniotic fluid and placenta) are released from the uterus through the vagina or birth canal or other means, using one's own strength or with assistance (Utami & Enny, 2019).

Intense care during the puerperium should be the main concern because around 60% of maternal deaths occur after delivery, and 50% in the first 24 hours after delivery. The causes of maternal death were 30.3% bleeding cases, 27.1% hypertension cases, 7.3% infection cases, 40.8% others. Pain or morbidity that occurs early in the puerperium is generally caused by the influence of mastitis, urinary tract infections, infections of episiotomy and laceration wounds, and other diseases. (Nurrahmaton & Sartika, 2018).

Based on preliminary data obtained at the RSU. Happy Makassar, obtained the number of normal postpartum mothers in 2019 as many as 607 mothers, in 2020 there were 628 mothers, and in 2021 there were 467

mothers and those who experienced level II perineal wound pain in 2019 were 429 people with a percentage (70.6%), in 2020 there will be 439 people with a percentage (69.9%), and in 2021 there will be 422 people with a percentage (90.3%). And on average every 3 months per year from 2019 to 2021 the number of mothers who experience grade II perineal rupture always reaches over 100 people.

The puerperium is the period since the birth of the baby, the discharge of the amniotic fluid, the birth of the placenta, and the membranes needed to restore the health condition of the uterine organs back to their pre-pregnancy state.. This period generally occurs around 6 weeks. The general condition in postpartum mothers is feeling of pain and discomfort in the area of ruptured sutures (perineal wounds). Perineal injuries can affect the well-being of postpartum mothers both physically and psychologically. Approximately 23-34% of postpartum women feel pain and discomfort 12 days after delivery. This pain affects the process of mobilization, rest, eating patterns of postpartum mothers, the psychological condition of postpartum mothers, the process of defecating and urinating during the postpartum period, in daily activities in the process of breastfeeding and caring for babies.

The effects that can be experienced by the mother if the treatment of perineal wound pain is not resolved, namely infection in the postpartum mother, the appearance of infection in the perineal tear wound can spread to the urinary tract and vaginal area or birth canal which can cause an infection condition in the bladder area or other infectious conditions in the vagina which can increase the risk of maternal mortality. The management of perineal wound pain is carried out in the Padasuka Work Area, namely by carrying out vulva hygiene and advising the mother to carry out early mobilization, and if the pain cannot be resolved, then analgesic drugs are administered.

Pain management with cold compresses or commonly referred to as Ice Pack therapy is an alternative type of non-pharmacological treatment method that is able to minimize or reduce feelings of pain in postpartum mothers, which can also be applied to post-episiotomy conditions. Ice Pack therapy is useful for minimizing blood flow to the wound so as to minimize the risk of bleeding and edema cases and reduce the speed of nerve conduction and it is hoped that there will be fewer pain impulses (Susilawati & Ilda, 2019).

Research in the PMB Working Area of Gedong Air Village, Bandar Lampung district on 21 May - 30 June 2020 in the treatment group most respondents experienced pain before (pretest) giving cinnamon felt pain on a scale of 5.0 and 8.0 respectively 4 respondents (26, 7%) and experienced the highest pain, namely a scale of 9.0, a number of 2 respondents (13.3%) then after (posttest) the administration of cinnamon the pain level became mild and most respondents no longer felt pain.

Based on the problems above, researchers became interested in conducting a study entitled "Comparative Effectiveness of Ice Pack Therapy and Cinnamon Decoction on Reducing Perineal Wound Pain in Padasuka Village in 2022".

II. RESEARCH METHODS

This research is an experiment. This type of research is Quasi Experimental. This type of experimental research is carried out by collecting data at a certain time period, during the research each study subject is only made one observation and not repeated. This research was conducted in November-December 2022. The samples in this study were 30 postpartum mothers in the working area of Padasuka Village, Kab. Lebak as many as 30 samples. Sampling technique with purposive sampling. Data were analyzed using univariate and bivariate analysis. Bivariate analysis with the Mann Whitney U test.

III. RESEARCH RESULT

a. Ice pack group pain level

Table. 1 Frequency Distribution of Perineal Pain Levels in the Di Ice Pack Group Padas Villageuka Kab. Lebak Year 2022

Pain Level	Frequency	Percentage (%)
Mild pain	13	86.7
Moderate pain	2	13,3
Amount	15	100

Source: Primary Data, 2022

Based on table 1, most of the respondents were postpartum mothers Padasuka Village, Kab. Lebak experienced mild pain, namely 12 people (86.7%) and those who suffered moderate pain, namely 3 people (13.3%).

- b. The level of pain in the Cinnamon Extract Decoction group

Table 2. Frequency Distribution of Perineal Pain Levels in the Cinnamon Di Group Padas Village Kab. Lebak Year 2022

Pain Level	Frequency	Percentage (%)
Mild Pain	11	73,3
Moderate Pain	4	26,7
Amount	15	100

Source: Primary Data 2022

Based on table 2, most of the respondents were postpartum mothers Padasuka Village, Kab. Lebak experienced mild pain, namely 11 people (73.3%) and those who experienced moderate pain, namely 4 people (26.7%).

- c. Normality test

Table 3. Test for Normality of Pain Intensity Data in the Ice Pack Group and Cinnamon Extract Decoction Group

Group	Sig()	value
Ice Pack	0.005	0.05
Cinnamon	0.016	

Kolmogorov-Smirnov SPSS Test Results, 2022

Based on table 3, the normality test obtained a value of 0.005 and after the cinnamon extract was boiled, a value of 0.016 was obtained. Then the results obtained are data that are not normally distributed because of the significance value or value > 0.05 so the test used is the Mann Whitney U Test to determine the effectiveness of the comparison of Ice Pack Therapy and Cinnamon Extract Decoction on Reducing Perineal Wound Pain Intensity.

- d. Mann Whitney U test

Table 4. Results of Comparative Analysis of the Ice Pack Technique and Decoction of Cinnamon Extract on Reducing the Intensity of Perineal Wound Pain in Padas Village Kab. Lebak Year 2022

	N	Median	
Ice Pack	15	3	0.000
Cinnamon Extract Decoction	15	2	(< 0.05)

Mann Whitney U SPSS Test Results

Based on the value of the Mann Whitney U test analysis, the value of < (0.000 < 0.05) was obtained. It can be concluded that there is a comparison of the Ice Pack Technique and Cinnamon Extract Decoction on Reducing the Intensity of Perineal Wound Pain in Padasuka Village, Kab. Lebak Year 2022.

IV. DISCUSSION

The results of the study on the 30 respondents who took part in the study, after being given ice pack therapy the most pain intensity felt by respondents was on the mild pain scale with a percentage of 86.7%, while in the cinnamon extract decoction group the most felt pain intensity by respondents was mild pain scale with a percentage of 73.3%. Based on the results of the Mann Whitney U test on the post-test pain scale of giving ice pack therapy and cinnamon extract decoction, it obtained a p-value of 0.000 or $p < 0.05$, which means there is or is a comparison between giving ice pack therapy and cinnamon extract decoction to changes in perineal wound pain scale level II.

Handling non-pharmacological pain with the technique of giving cold compresses in the form of ice packs (ice packs) is a method that uses ice packs that have been made previously using rubber hand protectors that have been filled with ice then packed using a clean cloth or 1 time use cloth or using 1 time use towel. The feeling of

pain is relieved because ice packs have the ability to reduce levels of prostaglandin hormones which can strengthen pain receptors, suppress inflammatory reactions, and are able to stimulate the release of endorphins which in turn can suppress pain transmission through the diameter of C fibers which can become smaller and then activate transmission. more quickly on A-beta sensory nerve fibers (Ardiyanti, 2021).

Another theory in the field of medicine found the fact that this cold compress is also widely used as an analgesic. Cold compresses will provide a physiological effect, namely being able to reduce the inflammatory response in the body, being able to reduce blood circulation and reduce swelling and being able to reduce local area pain. Cold compresses are a way of treatment using local low temperatures that can cause various physiological effects. It is estimated that this cold therapy is able to provide an analgesic effect, namely by reducing the speed of conduction of the nerves so that there are fewer pain impulses. It is possible that another mechanism is working, namely that a cold perception becomes more dominant and will ultimately be able to reduce the perception of pain (Elly, 2019).

The results of a similar study were carried out by Elly Susilawati and Wita Raniva Ilda in 2019 with the title "Effectiveness of Warm Compresses and Cold Compresses on the Intensity of Perineal Wound Pain in Post Partum Mothers". Based on the results of Mann Whitney that there are differences in the method of warm compress therapy and cold compresses. Cold compress therapy is considered more effective and can be used as an alternative in dealing with stitches in the perineal area.

Cinnamon extract is the boiling and distillation of cinnamon bark which contains 2 types of phenylpropanoids namely cinnamaldehyde and eugenol compounds. Where the content has the potential as an analgesic, anti-bacterial and anti-inflammatory. Cinnamon Extract can be processed by brewing 2 g of cinnamon powder with 1 cup of hot water for 1 time use and drinking the brewed water 1 time a day with the same dose.

The results of the study are also in line with the research of Fenta Nida Romadhon et al (2021), regarding "Giving Cinnamon Extract Against Perineal Wound Pain in Postpartum Mothers" where the results of this study and observations of 114 postpartum mothers found a significant reduction in perineal wound pain when given wood extract. such sweet.

The decrease in pain healing using cinnamon extract in the healing process of perineal pain wounds is very significant due to good and controlled wound care, when giving cinnamon extract is done after the mother is in a state 6 hours after delivery until 7 days during the puerperium.

Researchers assume that most mothers who feel perineal wound pain and are treated using cinnamon extract experience a better reduction in perineal wound pain, but not all postpartum mothers who receive good wound pain treatment. This is influenced by nutritional factors, socio-economic and level of knowledge, the above matters greatly affect the healing of decreased perineal wound pain where someone who has higher knowledge then the ability to receive information is also better and knowledge influences behavior and can increase knowledge in the health sector. The higher a person's education level is expected the easier it is for the person to receive information owned,

Where as in ice pack therapy, there are mothers who still experience moderate pain after giving ice pack therapy, this is because each respondent's pain perception is different and is influenced by several factors such as age, mother's parity or previous experience. Young mothers have more intense sensory pain than older mothers. Young age is associated with psychological tendencies that are still unstable so that it can stimulate feelings of anxiety which can cause pain to become more intense.

V. CONCLUSION

1. The intensity of pain after administration of ice pack therapy obtained a median value of pain level at number 3 (mild pain) with a minimum value of 1 and a maximum value of 7
2. The intensity of pain after administration of cinnamon extract decoction obtained the median value of pain level at number 3 (mild pain).
3. There is a comparative effect of ice pack therapy and cinnamon extract on reducing the intensity of perineal wound pain level II, this is in line with the results of the Mann Whitney U test with a significant value of $0.000 < 0.05$.

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