

Education on Kegel Exercises as an Effort to Accelerate Healing of Perineal Wounds in Postpartum Mothers at the Driyorejo Gresik Community Health Center

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ABSTRACT

Infections in the postpartum period are caused by delays in perineal wound healing. Kegel exercises are exercises to strengthen the pelvic floor muscles, help prevent urinary incontinence problems, and can stretch the perineal tissue as the baby's birth canal. Accelerate healing of perineal wounds in postpartum mothers at the Driyorejo Gresik Community Health Center through Kegel exercise education. This community service was carried out on postpartum mothers with perineal wounds in the Driyorejo Gresik Community Health Center working area in March 2024. The number of postpartum mothers who were given Kegel exercises was 30 people. Service activities are divided into 3 stages, namely preparation, implementation and evaluation. The results of the activity showed a decrease in REEDA scores after doing Kegel exercises. Giving Kegel exercises can speed up the healing of perineal wounds. Kegel exercises given to postpartum mothers for 7 days and done 3 times a day with movements that activate the pubococcygeal muscles can improve blood and oxygen circulation to the muscles and tissues around the perineum.

Keywords: Education, Kegel Exercises, Perineal Wounds, Postpartum Mothers

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INTRODUCTION

Infections that often occur in mothers after giving birth are infections of the perineum (WHO, 2020). The incidence of infection in mothers is 20% while perineal wound infections account for 11%. Infections in the postpartum period can be caused by delays in perineal wound healing. Wound healing in women giving birth is influenced by various factors, including early mobilization, diet, and personal hygiene (Widia, 2017). Several factors influence the healing process of post-partum mothers' perineal wounds, namely the characteristics of the mother giving birth, early mobilization process, nutritional status, wound grade and how to treat it (Rohmin, 2017). Effective mobilization is carried out by postpartum mothers in accelerating the healing process of perineal wounds with Kegel exercises (Parantean, 2023). Kegel exercises are exercises to strengthen the pelvic floor muscles before childbirth, the aim is to strengthen the pelvic floor muscles, help prevent urinary incontinence problems, and can

stretch the perineal tissue as the baby's birth canal. The Kegel exercise procedure can be done along with daily activities, for example when sitting in the bathroom after urinating, when you want to sleep or in any other circumstances. Regular Kegel exercises can help flex the perineal tissue, improve blood circulation to the perineum, thus helping the healing process and reducing the perception of pain (Karo, 2022). The average healing time for perineal wounds is between 5-7 days.

Based on a preliminary study conducted at the Driyorejo Gresik Community Health Center, it was found that postpartum mothers did not know about Kegel exercises for healing perineal wounds, so the average healing time for perineal wounds was more than 7 days. Providing counseling about perineal wound care using video can be applied in primary care (Astutik & Purwandari, 2021), but the public needs education to speed up the healing of perineal wounds and restore the muscles that play a role in childbirth to their pre-pregnancy state. Therefore, the service team is interested in carrying out service activities regarding "Education on Kegel Exercises as an Effort to Accelerate Healing of Perineal Wounds for Postpartum Mothers at the Driyorejo Gresik Community Health Center".

METHODS

Location and Time of Activity

The place and time for carrying out activities is the Driyorejo Gresik Health Center area in March 2024.

Activity Participants

The target of the activity is postpartum mothers on 1 day amount 30 people.

Instrument

- a. The instruments used are wound care tools consisting of instrument tubs, bends, anatomical tweezers, gauze, gloves.
- b. The instrument used to assess the condition of the wound is an observation sheet using the REEDA scale (Redness, Edema, Ecchymosis, Discharge, and Approximation). The REEDA scale has a value of 0-3.

REEDA scale scoring

- 1) 0 = good wound healing
- 2) 1-5 = poor wound healing
- 3) >5 = poor wound healing

Furthermore, wound healing time is categorized into fast and slow.

- 1) Fast, if the perineal wound heals < 7 days
- 2) Slow if the perineal wound heals > 7 days

Implementation Method

Implementation of activities is divided into 3 stages, namely:

1. Preparation Stage

The preparation stage consists of obtaining permits for community service activities at LPPM STRADA Indonesia and the Driyorejo Community Health Center. In the preparation stage, the service team coordinated with Driyorejo health center midwives to obtain data on postpartum mothers.

2. Implementation Stage

Participants are given health education which includes the meaning of Kegel exercises, benefits, indications, and how to carry out Kegel exercises. At the implementation stage, the service team provided leaflets to postpartum mothers so they could study and practice at home. Kegel exercises are taught to postpartum mothers on days 1 to 7 which are carried out twice a day, namely in the morning and afternoon. Kegel exercises are done in 10 movements for 5 minutes.

3. Evaluation Stage

Evaluation of activities using an observation sheet regarding perineal wound healing, which includes the REEDA scale before Kegel exercises on day 1 and the REEDA scale after Kegel exercises on day 7. Observations on the first day were carried out at 6 hours postpartum, while observations on day 7 were carried out at postpartum mother check-up at a health facility.

RESULTS

Characteristics of Activity Participants

Table 1 shows the characteristics of the activity participants, most of whom were aged 20-35 years, namely 40%, 53% had a high school education, 43.3% were housewives and primiparous parity was 46.7%.

Table 1. Characteristics of Activity Participants

Characteristics	F	%
Age		
< 20 years	9	30
20 - 35 years	12	40
> 35 years	9	30
Education		
Elementary school	1	3.3
Junior high school	9	30
Senior High School	16	53.3
College	4	13.3
Type of work		
Housewife	13	43.3
Laborer	7	23.3
Private employees	8	26.7
Government employees	2	6.7
Parity		
Primiparous	14	46.7
Multiparous	5	16.6
Grandemultiparous	11	36.7
Total	30	100

Frequency Distribution of REEDA Scores Before and After Giving Kegel Exercises

Table 2 shows the REEDA scores of activity participants before and after being given Kegel exercises. The results showed that before being given Kegel exercises, the REEDA scores of all activity participants were >5 and categorized as poor wound healing. After doing Kegel exercises, the REEDA score obtained by the activity participants was 0, which means good wound healing.

Table 2. Frequency Distribution of Perineal Wound Healing After Being Given Kegel Exercises

REEDA Scores	Before		After	
	F	%	F	%
0	0	0	30	100
1-5	0	0	0	0
>5	30	100	0	0
Total	30	100	30	100

Frequency Distribution of Perineal Wound Healing After Kegel Exercises

Perineal wound healing assessed on day 7 showed results of 43.3% perineal wound healing in the slow category and 56.7% in the fast category.

Table 3. Frequency Distribution of Perineal Wound Healing After Kegel Exercises

Perineal Wound Healing Time	F	%
Slow	13	43.3
Fast	17	56.7
Total	30	100

DISCUSSION**1. Preparation Stage**

This activity received a certificate from LPPM STRADA Indonesia. Next, the service team coordinates with the coordinating midwife, local village midwife and cadres to implement the activities. There were 30 activity participants who were 1 day postpartum mothers.

2. Implementation Stage

Participants are given health education which includes the meaning of Kegel exercises, benefits, indications, and how to carry out Kegel exercises. Kegel exercises in this activity are carried out in a supine position with your feet shoulder-width apart and both knees bent. In the morning, do 10 movements held for 5 seconds, in the afternoon 10 movements held for 5 seconds and in the evening 10 movements held for 5 seconds. Kegel exercises are carried out for 7 days.

At this stage, data on the characteristics of respondents is also collected, including age, education, occupation and parity. The pretest was carried out on the first day postpartum by measuring the REEDA score.

3. Evaluation Stage

The evaluation stage is carried out on the 7th day with posttest activities which include:

1) REEDA score before and after Kegel exercises

Before being given Kegel exercises, the REEDA scores of all activity participants were >5 and categorized as poor wound healing. REEDA score measurements before Kegel exercises were carried out on the first day postpartum with the perineal wound still wet. This condition causes discomfort felt by every mother who gives birth spontaneously with perineal wounds (Astutik, 2021). Healing of perineal wounds begins with the formation of new tissue covering the perineal wound within 6-7 days postpartum.

After doing Kegel exercises, the REEDA score obtained by the activity participants was 0, which means good wound healing. The results of this service activity support the theory that pubococcygeal muscle movements in Kegel exercises in the form of contracting and stretching movements can improve blood and oxygen circulation to the muscles and tissues around the perineum. This causes perineal wounds to heal quickly due to the oxygenation

effect (Maryunani, 2018).

Wounds are said to have healed if they no longer feel pain, there is continuity of the skin layers and the strength of the skin tissue is able or does not interfere with carrying out normal activities. Even though the wound healing process is the same for every sufferer, the outcome or results achieved really depend on the biological condition of each individual, the location and extent of the wound. Factors that influence the healing of perineal wounds include the mother not experiencing any abnormalities such as anemia and diabetes mellitus, the mother's nutritional needs being met based on the mother's BMI, the mother's knowledge regarding perineal wound care being good, personal hygiene during the postpartum period, early mobilization 2 hours after delivery, the mother had no complications (Herlina, et al, 2020).

2). Wound healing time after Kegel exercises

On the 7th day, activity participants also entered the letting go phase, which means participants were independent in caring for themselves and their babies. This independence will cause participants to mobilize frequently, thereby speeding up the healing of perineal wounds. This supports the statement that 72.7% of postpartum mothers who mobilize will experience good perineal wound healing compared to mothers who do not mobilize. (Munthe, et al, 2020).

Fast wound healing in this activity occurs in the 20-30 year age group. It is assumed that wound healing occurs more quickly at a young age than at an old age, because the function of uniting skin cells after childbirth which occurs in the elderly has decreased due to age.

CONCLUSION

Community service activities in the form of Kegel exercise education as an effort to speed up the healing of postpartum mothers' perineal wounds which are carried out for 7 days can reduce the REEDA score and speed up the healing of perineal wounds. This activity also provides additional information to postpartum mothers about the benefits of Kegel exercises so that they can continue to be applied after the perineal wound has healed.

It is recommended that primary care providers provide Kegel exercise education to postpartum mothers on the first day to speed up the healing of perineal wounds and strengthen the muscles and tissue around the perineum. It is also hoped that the results of this service can be used as a reference in providing counseling to postpartum mothers to do Kegel exercises as a non-pharmacological alternative to speed up the healing of perineal wounds resulting from a torn birth canal.

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