THE APPLICATION OF EARLY MOBILIZATION ON WOUND HEALING IN POST-OPERATIVE SECTIO CAESAREA PATIENTS

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ABSTRACK

Background: *Post-Cesarean section (SC) surgical wounds are at risk of complications if patient mobilization is restricted. Early mobilization is a crucial intervention to stimulate blood circulation and accelerate the wound healing process.* ***Objective****: To describe the implementation of early mobilization and its effect on wound healing in post-SC patients.* ***Methods****: This study employed a descriptive design using a case study approach. The subjects were two patients on day 0 post-SC: Mrs. M and Mrs. A. Early mobilization was implemented gradually—progressing from turning side-to-side to sitting and walking—over a three-day observation period. Wound healing was assessed using a wound characteristic observation sheet.* ***Results****: Following the three-day early mobilization regimen, both patients demonstrated significant progress in wound healing. The surgical wounds of both Mrs. M and Mrs. A appeared dry, showed no signs of infection (such as redness, swelling, or pus), and the wound edges were well-approximated.* ***Conclusion****: Gradual early mobilization proved effective in supporting and accelerating wound healing in post-Cesarean section patients. Early mobilization is recommended as a routine independent nursing intervention for postpartum women following a Cesarean section.*

Keywords: Early Mobilization, Wound Healing, Cesarean Section.