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Implementation of health education on perineal wound care for postpartum mother's knowledge

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Abstract

Background: A mother who has just given birth often experiences perineal tears due to episiotomy or spontaneous tears. Perineal wounds are tears that occur during childbirth, whether spontaneous or due to episiotomy. If proper care is not taken, it can lead to dangerous complications, such as infections in the bladder or birth canal.

Purpose: to determine the implementation of health education on perineal wound care regarding the knowledge of postpartum mothers.

Method: The knowledge level of both respondents before being given education was respondent 1 Ny.M (45%) and respondent 2 Ny.K (55%) which falls into the category of low knowledge level. After receiving education, the knowledge level of respondent 1 Ny.M (85%) and respondent 2 Ny.K (95%) results were categorized as good knowledge.

Results: Education on perineal wound care show that there is an increase in mothers' knowledge levels after being provided with education.

Conclusion: This education can enhance postpartum mothers' understanding of perineal wound care and can be beneficial for the development of maternity nursing knowledge.

Keywords: Education Library; Knowledge; Perineal Injury; Postpartum.

INTRODUCTION

Based on data from the World Health Organization (WHO) in 2020, there were 2.7 million cases of perineal rupture in mothers giving birth worldwide, and this figure is estimated to reach 6.3 (six point three) million by 2050. In Asia alone, 50% of mothers giving birth experience perineal tears. The WHO states that the rate of normal births is 72.30 percent of 1.000 births. One of the effects of normal childbirth is the possibility of perineal infection, which ranges from more than 2.8% to more than 18%, and can even reach more than 20%. Several factors that contribute to high maternal mortality rates in Asia include dense populations, poverty, limited maternal and child health services, and low levels of maternal knowledge about postpartum care (Juliani, Ginting & Hidayani, 2024).

Maternal mortality in Indonesia ranks third highest in Southeast Asia. In 2021, the countries with higher

maternal mortality rates than Indonesia were Myanmar (250 deaths per 100.000 live births) and Laos (185 deaths per 100.000 live births). Maternal mortality is defined as the death of a woman within 42 days of the end of her pregnancy. According to data obtained from the Directorate General of Public Health of the Indonesian Ministry of Health in 2022, the leading cause of maternal mortality was COVID-19, with 2.982 cases, followed by hemorrhage with 1.320 cases, hypertension in pregnancy with 1.077 cases, and infection with 207 cases (Trisnawati, Risyanti, Suryani, & Hernawati, 2024).

According to data on maternal mortality cases in Lampung Province, there was a decrease in the number of cases in 2022 compared to 2021. The number of maternal deaths decreased from 187 to 96 cases (Fitri, Yunitasari, & Wulan, 2024). Based on data from the Bandar Lampung City Health Office, the

maternal mortality rate in this city is still relatively high. In addition, there were 38 cases of postpartum infections that occurred after childbirth, equivalent to 8% of the total 487 maternal deaths (Bandar Lampung City Government Health Office, 2021).

Postpartum period is the period that begins when the baby is born along with the delivery of the placenta from the mother's uterus. This period can last up to six weeks, during which the mother experiences recovery of the organs related to pregnancy. The process of childbirth can cause various changes, including injuries and other physical changes (Anwar & Safitri, 2022).

Perineal tears are a type of injury that occurs in the perineum during childbirth. The perineum is the area between the vagina and anus in women. Perineal tears often occur during childbirth, especially when the baby is delivered and the baby's head passes through the birth canal (Septiani & Widyastuti, 2025). The impact of not caring for the perineum will result in infection of the perineal wound area exposed to lochia fluid in moist conditions, which is highly conducive to bacterial growth and can cause infection in the perineum. Complications from this infection can spread to the urinary tract or birth canal, which can cause bladder infections or infections in the birth canal. In addition, prolonged treatment of complications after childbirth can increase the risk of maternal mortality, as the physical condition of mothers after giving birth is still weak (Kurniarum, 2016).

Health education is a process that aims to change the attitudes and behaviors of individuals or groups. This process focuses on human maturation through various situations, events, or efforts in education and training. Education should be provided throughout life, starting from the moment a person begins to understand their environment until the end of their life. This is very important because every aspect of daily life requires education (Hertanto & Santoso, 2021). In the context of health, health education for postpartum patients who have experienced perineal wounds is very important.

This education plays a role in accelerating the healing process of perineal wounds and preventing complications after childbirth. Thus, education is an important step to improve good understanding for

both the community and health workers. Perineal care is very important to meet the needs of mothers to maintain the health of the area between the thighs, bounded by the vulva and anus. Perineal wound care in postpartum mothers is very important because stitches can facilitate the entry of germs that can cause infection, causing the mother to have a fever, the wound to become wet, causing the stitches to open, and causing a foul odor to emanate from the birth canal. Wound care should begin as soon as possible, within 2 hours of normal delivery (Kasim & Hasifah 2024).

RESEARCH METHOD

The design used was descriptive and employed a case study approach to describe the results of nursing care regarding the implementation of health education on perineal wound care for postpartum mothers' knowledge. The subjects in this scientific paper were postpartum mothers who experienced perineal wounds with inclusion criteria.

The data collection methods used were interviews with postpartum mothers at midwife practices and observation of postpartum mothers.

Interviews were conducted using open-ended questions for respondents. Questionnaires were used to assess respondents' knowledge levels before and after receiving health education. Before respondents answered, the author requested informed consent and provided instructions or explanations to respondents regarding the completion of the questionnaire. After that, there was an educational explanation about perineal wound care. The data collected through interviews and observations was analyzed to determine the diagnosis, after which it was compiled into a nursing plan. Then, health education on perineal wound care was implemented, followed by a nursing evaluation to assess the final results. Data analysis was carried out by describing the facts, followed by comparing them with existing theories and then incorporating them into opinions in the discussion.

The analysis technique used is to explain the answers obtained from the conclusions of in-depth interviews conducted to answer the problem formulation. The analysis technique is utilized by the author through observation and documentation of learning, which produces data to be compared and described using existing theories to make recommendations for implementation.

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RESEARCH RESULT

The first respondent assessment was conducted on April 28, 2025, at 4:00 p.m. Western Indonesian Time at Midwife Zubaedah's Private Practice. From the interview, the following identity data was obtained: name Mrs. M, age 21 years old. Marital status: married, obstetric status P1A0, religion: Islam, Mrs. M's highest level of education: high school, employment status: housewife. For the second respondent, the assessment was conducted on April 8, 2025, at 10:00 a.m. at Midwife Zubaedah's Private Practice. From the interview with the patient, the following identity data was obtained: name Mrs. K, age 25 years old. Marital status: married, obstetric status: P1A0, religion: Islam, Mrs. K's highest level of education: junior high school, employment status: housewife.

Table 1. Respondent's Level Of Knowledge Before And After Health Education On Perineal Wound Care

Respondent	Level of knowledge
Respondent 1	
Before	45% (low of knowledge)
After	85 % (good knowledge)
Respondent 2	
Before	55% (low of knowledge)
After	95% (good knowledge)

Based on the table above, it can be seen that Mrs. M (45%) and Mrs. K (55%)'s level of knowledge regarding perineal wound care before health education was classified as low. After receiving health education, Mrs. M (85%) and Mrs. K (95%)'s level of knowledge was classified as good.

DISCUSSION

Based on the results of research conducted on two respondents, it was found that the postpartum mother's knowledge before being given education about perineal wound care in respondent 1 (Mrs. M) was able to answer 9 out of 20 questions correctly on the questionnaire (45%). This result falls into the category of low knowledge level. while respondent 2 (Mrs. K) was able to answer 11 out of 20 questions correctly on the questionnaire (55%) and was also classified as having a low level of knowledge.

Knowledge is a perception that arises in the human mind as a result of the use of the five senses. Knowledge is very different from beliefs, superstitions, and misinformation. Knowledge encompasses everything that is understood based on an individual's experiences. One example is a postpartum mother who knows about perineal wound care. Performing perineal wound care on postpartum mothers must be based on sound

knowledge in order to prevent complications and aid the healing process of perineal wounds in mothers after giving birth (Misna & Julita, 2020).

A previous study entitled "Knowledge and Attitudes of Postpartum Mothers Regarding Perineal Wound Care" showed a correlation between the level of knowledge of postpartum mothers regarding perineal wound care and their level of knowledge (P value 0.02). A high level of knowledge possessed by respondents will greatly support them in performing perineal wound care properly. The results of the statistical test obtained a P value <0.05 (P = 0.04) which indicates a correlation between postpartum mothers' attitudes towards perineal wound care. This study aims to examine the correlation between the level of knowledge and mothers' attitudes regarding perineal wound care (Ratih, 2020).

Through the results of the study, the author argues that several factors that influence the lack of knowledge of respondents (Mrs. M and Mrs. K) about perineal wound care include factors that affect knowledge, namely age, where a person is counted from birth, as individuals mature, their level of maturity and resilience will develop in their thinking and actions. The results show that there were two respondents aged 21 (Ms. M) with 85% knowledge and 25 (Ms. K)

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with 95% knowledge.

Education is also one aspect that influences knowledge. A higher level of education tends to improve the learning process, because individuals with better education will acquire more knowledge and information. The highest level of education attained by Mrs. M was high school and Mrs. K was middle school. Someone with a higher level of education will receive more information from various sources, whether from other people or the media. This makes it easier for individuals to learn more about health. Knowledge can be gained not only through formal education, but also through non-formal education (Sartika, 2021).

Based on the results of research conducted on two respondents, after being given health education about perineal wound care, it can be seen that respondent 1 (Mrs. M) was able to answer 17 out of 20 questions correctly from the education provided by the author (85%) and was classified as having good knowledge. While respondent 2 was able to answer 19 out of 20 questions correctly (95%) and was classified as having good knowledge.

Pengetahuan yang tinggi dapat membantu seseorang melakukan tindakan dengan baik dan benar. Ibu yang kurang memiliki pengetahuan tentang perawatan luka perineum pascapersalinan dapat menjadi faktor utama yang meningkatkan risiko infeksi dan komplikasi pascapersalinan. Oleh karena itu, edukasi tentang perawatan luka perineum sangat penting agar ibu dapat merawat diri dengan baik, mencegah infeksi, dan mempercepat proses penyembuhan. Tenaga kesehatan, terutama perawat dan bidan, berperan penting dalam memberikan informasi, konseling, dan panduan yang akurat tentang perawatan luka perineum yang tepat (Wahyuni & Wahyuni (2025)).

This research is also in line with the research entitled "Education About Perineal Rupture." Analysis of the results of knowledge measurements before and after education about perineal rupture showed an increase, from only 15% who had good knowledge at the beginning to 65% now. These results indicate that the community service activities carried out were successful. Health education methods can also influence the increase in maternal knowledge, because their ability to understand information provided by health workers is greatly influenced by the effectiveness of the senses in capturing the stimuli

conveyed, so that it can be better understood. Health education is the ability to change the actions of individuals, communities, and society to be in line with health principles. The desired behavioral change is the ability to maintain and improve health conditions, avoid the possibility of disease, protect oneself from various disease threats, and be involved in public health initiatives. This behavioral change is a consequence of health education (Ulya, Herlina, & Yunika, 2025).

Based on research conducted entitled "The Effect of Health Education on Perineal Wound Care through Booklets on the Knowledge Level of Postpartum Mothers," the knowledge level was tested twice, before and after the education program. before health education was provided, the results showed that 9 respondents (45%) had insufficient knowledge, and 1 respondent (5%) had insufficient knowledge after health education was provided (Yyantri, 2022).

Before the education, 11 respondents (55%) had good knowledge, and after the education, 17 respondents (85%) had good knowledge. The results showed a significant effect, as indicated by a p-value of $0.000 < \alpha 0.05$. The research conducted "The relationship between the level of knowledge, attitude, and nutrition of postpartum mothers with the acceleration of perineal wound healing" The type of data analysis used by the researcher was univariate analysis and bivariate analysis with the chi-square statistical test. Because it met the requirements, the researcher used Fisher's exact test. The results showed that there was a relationship between the mothers' attitudes towards the perineal wound healing process, with a statistical test result of $0.000 < p < 0.05$. and that there is a relationship between knowledge and perineal wound healing, with a p-value of $0.012 < 0.05$. However, there is no relationship between nutrition and the perineal wound healing process because the mothers' nutritional needs are met, with a p-value of $0.545 > 0.05$ (Sidqi, 2024).

Women who were taught postpartum perineal wound care practiced it and this resulted in better wound healing progress, therefore, it is recommended that postpartum self-perineal wound care be introduced to antenatal mother, guidelines on perineal wound care be made available in delivery centers, Midwives should encourage parturient to practice care while on admission and encourage mothers to practice care when

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discharged home (Ari, Sotunsa, Leslie, Ari, & Kumzhi, 2019).

Postpartum infections remain the leading cause of maternal mortality. Postpartum mothers who experience perineal wounds are highly susceptible to infection, as poorly cared for perineal wounds can significantly impact perineal wound healing. Proper care and knowledge of wound care techniques will aid the wound healing process. A lack of maternal knowledge about perineal wound care has resulted in a perineal rupture infection rate of 6.3 cases. Perineal Wound Care with Perineal Wound Healing in Postpartum Mothers: The better the perineal wound care, the faster the perineal wound will heal (Afrilia & Sari, 2018).

The level of knowledge described is as follows: (know) takes the observed ability. Both respondents, when given health education about perineal wound care, appeared to observe and pay attention well during the activity. Understanding: when evaluated, both respondents were able to explain, describe, and practice the material correctly because they had paid attention when given education about perineal wound care. Application: application is defined as a situation in which individuals can utilize or apply the principles they have understood. When evaluated, the respondents said that they had followed or applied the perineal wound care procedures well in accordance with the leaflet guidelines (Daulay, 2022).

CONCLUSION

The results obtained from the implementation of perineal wound care education on respondent 1 (Mrs. M) showed that the respondent's knowledge before being given education was 45%, which was categorized as poor knowledge. While the respondent's knowledge after receiving health education was 85%, which falls into the good knowledge category. For respondent 2 (Mrs. K), the mother's knowledge level before receiving health education was 55%, which falls into the poor knowledge category, and after receiving education, the result was 95%, which falls into the good knowledge category.

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