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Effectiveness Of Snakefish And Chicken Breast In The Process Of Post Caesar Operation Wound Healing At Kuala Penguang Hospital

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ABSTRACT

One of the healing processes for post-cesarean wounds is through improving nutrition by consuming foods high in calories and protein, such as fish, eggs, meat, shrimp, shellfish, cheese, liver, milk, peanuts, red beans, green beans, soybeans, tempeh and tofu. . This research aims to analyze the effectiveness of administering snakehead fish and chicken breast in healing post-Caesarean section wounds. This research uses a quasi-experimental research design with a two group post test design with control groups approach. The population in this study were all mothers who gave birth by caesarean section at Kuala Pembuang Regional Hospital. Using a purposive sampling technique, a sample of 30 respondents was obtained. The independent variable was consumption of snakehead fish and chicken breast using SOP and the dependent variable was wound healing using observation, using the Mann Withney statistical test. The results of the research from 10 respondents, the majority of respondents who consumed snakehead fish, 6 (60%) respondents had post-operative wounds not yet closed, from 10 respondents it was found that most respondents consumed chicken breast, 6 (60%) respondents had post-operative wounds not yet closed, while 10 respondents Most of the control group, namely 6 (60%) respondents, had their post-operative wounds closed on the 7th day. Mann Witney's statistical test results showed ap value of 0.383 > 0.005, so H0 was accepted, and H1 was rejected, meaning snakehead fish and chicken breast were not effective in the healing process. post caesarean wound. Snakehead fish and chicken breast contain quite high levels of protein so they can speed up the healing of post-cesarean section wounds, so it is hoped that post-cesarean mothers consume high protein sources. Snakehead fish and chicken breast contain quite high protein so that they can speed up the healing of post-cesarean wounds, so it is hoped that post-cesarean mothers will consume high protein sources.

Keywords: Caesarean, Chicken Breast, Healing, Snakehead Fish, Surgery, Wound

INTRODUCTION

Healing wound Post-caesarean section stitches are influenced by several factors, including local factors consisting of hematoma oxygenation and others, general factors include age, nutrition, sepsis, steroids, And drug medicine as well as factor other is a person's lifestyle and mobilization. Someone who has stitches very need intake protein Which Enough because wound stitches really need high intake so that body create new network so that the stitches will heal quickly (Dharmayanti) , There are several ways to accelerate wound healing, one of which is through improving nutrition by consuming foods high in calories and protein. (Nurhikmah, 2020)

Based on the high number of C-section deliveries in Indonesia today, the C-section delivery process is thought to be more often not due to medical indications. Health experts are campaigning intensively to reduce the number of C-section births that are not medically indicated or non-Emergency Cesarean Section . Because, impact health post SC This is quite serious, such as infection, bleeding, organ injuries, complications from anesthesia and even death (Nurhikmah, 2020)

The infection rate in Indonesia is one of the main causes of death Mother. Number death Mother Which in cause by infection post Caesarean Section (SC) in Indonesia on year 2015 reach 7.3% (Ministry of Health RI, 2019), while the incidence of post-SC infection in Central Kalimantan was 2.40%, and in Seruyan district it was 3.9%, (Central Kalimantan Health Office, 2019). whereas based on a preliminary study conducted at the Obstetrics Polyclinic of Kuala Pembuang Regional Hospital, around 13% of the number of patients underwent Caesarean delivery. (RI, Central Kalimantan Health Profile, 2019)

Based on a preliminary study conducted by researchers on September 29, 2023 at the Kuala Pembuang Regional Hospital, there were 10 post-cesarean section patients who had their stitches checked and among them, there were 2 patients who had slow healing of the stitches.

METHODS

The research stages include preparation and management of research permits, distribution of letters, initial data collection (observing scars from Caesarean section operations), implementation of interventions, control, monitoring and evaluation.

This research uses a research method quasi experimental by using the two group post test design with control groups research approach , namely the snakehead fish and chicken breast treatment group and the control group. In the snakehead fish and chicken breast treatment group, 70 grams were given per day for 7 days, and wound examination was carried out on the Sectio caesaria wound every 3 days for 7 days.

The population in this study was all mothers who gave birth after a Caesarean section at Kuala Pembuang Regional Hospital, totaling 43 respondents . Done technique purposive sampling obtained 30 Respondent is a portion of Post Caesarean section that meets the criteria at Kuala Pembuang Regional Hospital . for 2 months from October to December 2024 consisting of 2 groups (intervention group 1 namely snakehead fish 1 0 people and group 2 chicken breast 1 0 people) and control group of post-op cesarean section patients .

RESULT

Table 1 Distribution of Characteristics Respondents And Variables

Characteristics Respondents	Frequency	Presentation
Age		
< 20	5	17%
20 - 35	16	53%
More from 35	9	30%
Total	30	100%
History DM disease		
There is	2	6.7%
No	28	93.3 %
History Operation		
1 time operation caesar	23	76.7 %
2 times operation caesar	7	23.3 %

Source: Heni Sugiyarti research questionnaire, October 29, 2023 – December 27, 2023

Table 2 Cross Tabulation Between Variables

No.	Treatment		Wound Healing		Total
			No Close	Close	
1	Fish cork	Frequency	4	6	10
		%	40%	60%	100%
2	Chicken breast	Frequency	6	4	10
		%	60%	40%	100%
3	Control	Frequency	4	6	10
		%	40%	60%	100%
Total			14	16	

Source: Heni Sugiyarti research questionnaire, October 29, 2023 – December 27, 2023

Based on Table 4.9 above , it is known that out of 30 respondents who received snakehead fish treatment , most of the respondents' wounds had closed, almost half of the respondents who were given chicken breast treatment had their wounds closed, and most of the respondents with the control had their post-operative wounds closed.

Analysis of Research Statistical Test Results

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	.600	.163		3,674	.002
	fish	.000	.231	.000	.000	1,000

Source: Processing of Heni Sugiyarti's research data, October 29, 2023 – December 27, 2023

Based on the table above, it is found that the significance value of using snakehead fish treatment is obtained. Significance <0.005, so h0 is accepted, which means that there is an influence between giving snakehead fish on post-operative wound healing.

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	.600	.163		3,674	.002
	chicken	-.200	.231	-.200	-.866	.398

Source: Processing of Heni Sugiyarti's research data, October 29, 2023 – December 27, 2023

Based on the table above, it is found that the significance value of using chicken breast treatment is obtained. Significance <0.005, so h0 is accepted, which means that there is an influence between giving chicken breast on healing post-operative wounds.

	TREATMENT	N	Mean Rank	Sum of Ranks
RESULTS	1	10	11.50	115.00
	2	10	9.50	95.00
	Total	20		

Source: Processing of Heni Sugiyarti's research data, October 29, 2023 – December 27, 2023

Based on the table above, it was found that the mean value using the snakehead fish treatment of 11.50 was higher than the mean using the chicken breast treatment of 9.50 .

	RESULTS
Mann-Whitney U	40,000
Wilcoxon W	95,000
Z	-.872
Asymp . Sig. (2-tailed)	.383
Exact Sig. [2*(1-tailed Sig.)]	.481 [b]

Source: Processing of Heni Sugiyarti's research data, October 29, 2023 – December 27, 202

Based on the table above, it is obtained that the asymp sig. 2 tail value is 0.383 > 0.005, so H0 is accepted, because accepting H0 means H1 is rejected, so there is no difference in effectiveness between variable 1 (snakehead fish) and variable 2 (chicken breast).

DISCUSSION

The effectiveness of giving snakehead fish on healing post-cesarean section wounds on the 7th day

Based on table 4.13 above, it is found that the significance value of using snakehead fish treatment is obtained with a significance of <0.005, so h0 is accepted, which means that there is an influence between giving snakehead fish on post-operative wound healing.

The administration of snakehead fish to the treatment group was intended to accelerate the healing of post-SC wounds. Because snakehead fish is one type of fish whose main content is protein or albumin which is quite high. While one of the factors in the acceleration process of healing post-SC stitches is the need for high protein found in snakehead fish. The protein content of snakehead fish is also higher than food ingredients that have been known as sources of protein such as eggs, chicken, or beef. Because of this content, snakehead fish has very high benefits or uses to accelerate the healing of post-SC stitches.

According to researchers, giving snakehead fish in the wound healing process has a big influence because someone who has a wound will experience accelerated healing if given food that contains enough protein according to their body's needs.

The effectiveness of giving snakehead fish on healing post-cesarean section wounds on the 7th day

Table 4.14 Effectiveness of giving chicken breast on healing post-caesarean wounds on the 7th day at Kuala Pembuang Regional Hospital, Significance <0.005 then h0 is accepted, meaning there is an influence between giving chicken breast on healing post-operative wounds.

Complete proteins contain all essential amino acids, found in meat, fish, poultry, cheese, eggs, milk, quark-like products, seed plants, legumes, and potatoes. The quality of a protein is based on its ability to provide nitrogen And sour amino for growth, defense and repair of body tissues. In general, the quality of protein(Science, 2023) Amino acids are one of the building blocks of protein. This compound play role important in healing wound and immune

function. Poultry, including chicken and duck, contains glutamine and arginine, two amino acids that can help wound healing. (alvin, 2023)

According to the researcher's opinion, giving chicken breast in the wound healing process is very influential because someone who has a wound will experience accelerated healing if given food that contains enough protein with the needs of his body. In addition to chicken breast having a high protein content, it is also very easy and affordable to obtain.

Analysis of the effectiveness of giving snakehead fish and chicken breast on healing post-cesarean section wounds on the 7th day

Analysis results research on the effectiveness of consuming snakehead fish and chicken breast on healing post-cesarean section wounds at Kuala Pembuang Regional Hospital based on statistical tests using Mann Whitney. The asymp sig. 2 tail value was obtained 0.383 > 0.005, so there was no difference in effectiveness between variable 1 (snakehead fish) and variable 2 (chicken breast)

If we look at the content in every 100 grams of chicken breast and 100 grams of snakehead fish, there are slightly different proteins but they have almost the same level of wound healing, in this case it could also be caused by other things because there are still several other factors that influence the wound healing process such as age, immunological status, comorbidities such as DM, or the use of drugs that affect the suppression of wound healing, or it could also be due to factors in wound care.(Suprapto, 2021)

According to the researcher's opinion, there is no difference in effectiveness between variable 1 (snakehead fish) and variable 2 (chicken breast) because the respondents consumed snakehead fish and chicken breast according to the daily protein requirements needed by postpartum mothers after a cesarean section and there are several factors that influence it such as age, history of DM, cleanliness or mobility.

Cross tabulation between general data and post-SC wound healing after being given snakehead fish

Based on table 4.1, it can be seen that the majority of respondents' ages indicate that they are still of reproductive age. A good age for wound healing is a healthy reproductive age (20-35). At a healthy reproductive age, the occurrence of complications is very small because the integration of skin tissue is still normal. The healing time for wounds at a healthy reproductive age is 6 times faster than at a maternal age at risk (<20 years or >35 years).(Ainunita, 2018)

The body will experience changes as we age, such as vascular changes that affect blood circulation to the wound area and will disrupt blood clotting in the coagulation phase, the inflammatory response slows down, causing the proliferation phase to slow down, decreased acceleration of cell repair, and collagen tissue produced in the maturation phase is less soft and elastic, thus slowing down wound healing.(Ainunita, 2018)

At a young age, the skin is more elastic, the connective tissue is stronger so that the skin's resistance is better in dealing with wounds, in older people, skin elasticity will decrease and the accumulation of le According to researchers, the age of respondents in this study was mostly of reproductive age so that in healing it is still elastic so that the connective tissue is stronger so that the skin's resistance is better in dealing with wounds and is still fast in the wound healing process. So that with a productive age and added with the provision of nutrition in the form of protein in snakehead fish or chicken breast, it will accelerate wound healing.

CONCLUSION

1. Snakehead fish is effective in healing post-cesarean section wounds at Kuala Pembuang Regional Hospital
2. Chicken breast is effective in healing post-cesarean wounds in postpartum mothers at Kuala Pembuang Regional Hospital.
3. There is no difference in effectiveness between snakehead fish and chicken breast on the wound healing process after a cesarean operation. Kuala Pembuang Regional Hospital

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