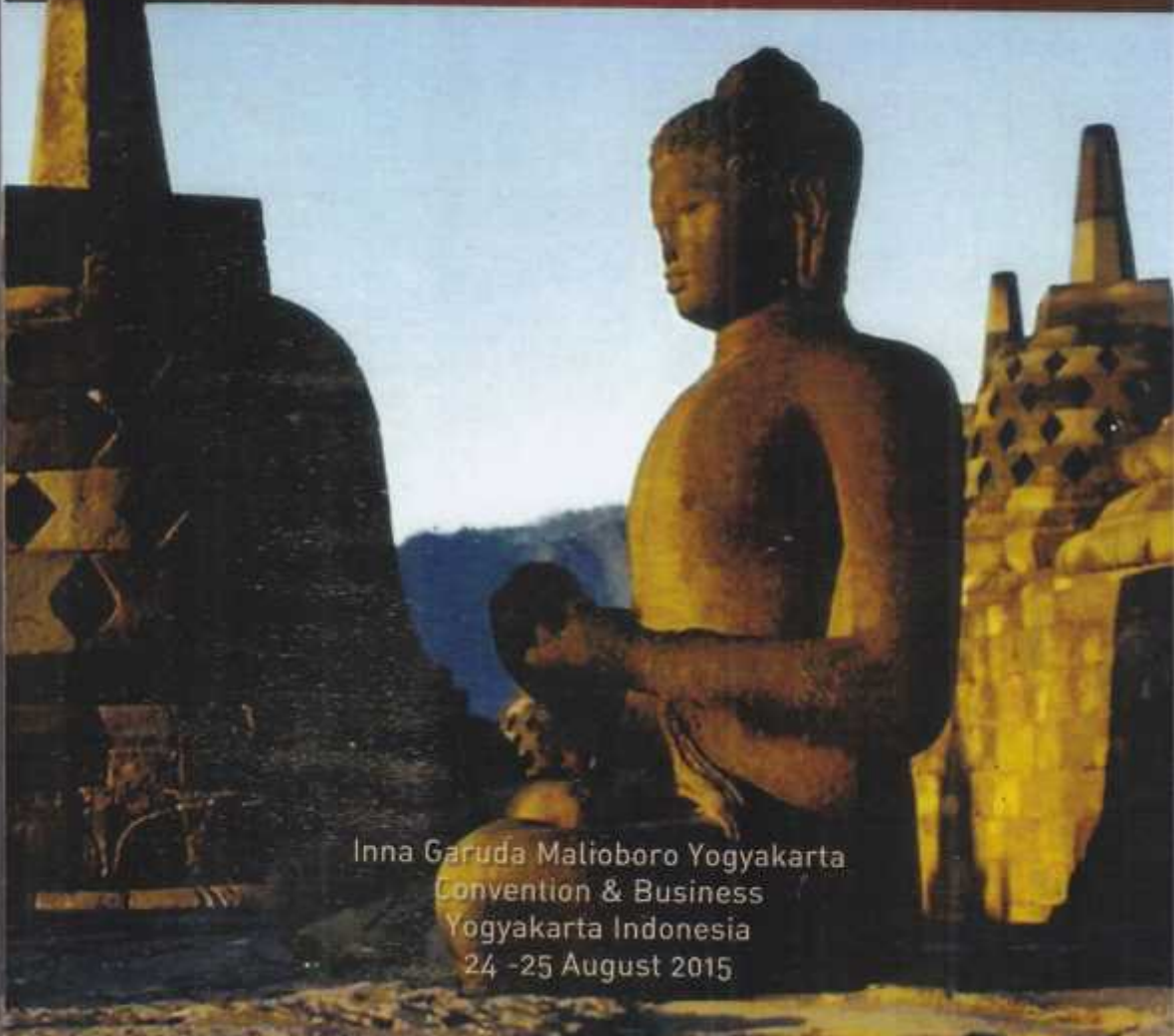


PROCEEDING

International Joint Conference on Nursing Science 2015

UPDATING EVIDENCES IN NURSING PRACTICE TOWARDS AEC beyond 2015



Inna Garuda Malioboro Yogyakarta
Convention & Business
Yogyakarta Indonesia
24 -25 August 2015

Organized and Supported by:



P R O C E E D I N G

**International Joint Conference
on Nursing Science (IJCNS)**

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Sri Warsini, S.Kep.,Ns.,M.Kes., PhD
Joko Gunawan, S.Kep.,Ns
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SCHOOL OF NURSING
FACULTY OF MEDICINE
UNIVERSITAS GADJAH MADA

International Joint Conference on Nursing Science (IJCNS)

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Penerbit

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Website : www.keperawatan.ugm.ac.id

Printing Edition	3th	2th	1th
Year	17	16	15

Editor : Lely Lusmilasari, S.Kp., M.Kes
Sri Warsini, S.Kep.,Ns.,M.Kes., PhD
Joko Gunawan, S.Kep.,Ns

Cover Designer : Oktavianus

Book Designer : Joko S

ISBN 978-602-8865-63-0

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Printed by PT Kanisius Yogyakarta

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INFRARED IS MORE EFFECTIVE IN PERINEUM WOUND HEALING DURING POSTPARTUM THAN IODINE

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ABSTRACT

Background: Maternal death during childbirth is usually caused by puerperal infection (11%) this happens because of a lack of care on the wound, bleeding (27%) (Due to the birth canal laceration and complications during parturition (8%) . Many women feel too concerned about the perineum injury, so they afraid to do activities in the first days after delivering. It was necessary for the proper techniques in wound care, and the most important was the use of materials and the proper way, for example by using Far Infra Red Therapy. The benefits of infrared light is able to activate the water molecules in the body, improve microcirculation, cleanse the blood, improve skin texture, so by utilizing far infrared, process of wound healing can take place more quickly.

Methods: This study used Quasi-experiment with Pre-Post-test Control Group Design with Cross-sectional approach. Intervention group was using puerperal women given far infrared and control using puerperal women given iodine. The sampling technique was purposive sampling. Samples were puerperal women who suffered lacerations in perineum at RB Amanda. Samples were of 30 people that divided into two groups.

Results: The results of independent t test p values are significant only on day 1 of 0. 01, and Paired t test show a significant difference ($p = 0. 00$) in the control group only at day 1 to 2 with a mean of 15. In the intervention group have a significant difference on day 1 to 2 ($p = 0. 00$, mean = 31. 7) and on day 2 and 3 ($p = 0: 04$, mean = 5. 7).

Conclusions: Infrared therapy is more effective in perineum wound healing during postpartum.

Keywords: infrared, perineum, wound healing, postpartum