

***PERINEUM MASSAGE EDUCATION TO EMPOWER PREGNANT WOMEN IN
PREVENTING PERINEAL RUPTURE AT PENELEH PUBLIC HEALTH
CENTER SURABAYA 2023***

**EDUKASI PIJAT PERINEUM UNTUK MEMBERDAYAKAN IBU HAMIL
DALAM MENCEGAH RUPTUR PERINEUM DI PUSKESMAS PENEHELH
KOTA SURABAYA TAHUN 2023**

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Abstract

The three highest causes of maternal death in Indonesia, which is bleeding. Severe perineal rupture or what is called OASIS can cause bleeding that can lead to death. This community service activity aims to provide education about perineal massage to empower pregnant women to prevent perineal rupture at the Peneleh Public Health Center, Surabaya in 2023. Partnership programs are needed to achieve the Sustainable Development Goals (SDGs) targets. The problem faced by partners is that even though pregnancy classes are running, they do not yet provide material on preventing perineal rupture and practicing perineal massage so mothers do not have an understanding of techniques for preventing perineal rupture. Apart from that, health workers have not mastered perineal massage techniques so they cannot provide their knowledge to pregnant women. Activities are carried out in the form of providing material and practice. The evaluation was carried out by administering a pretest and posttest for knowledge and assessment of perineal massage skills for pregnant women and health workers. The evaluation method used was the ability of pregnant women to perform phantom perineal massage exercises. Pregnant women are said to be able to do this if they can do it correctly. Providing education related to perineal massage can increase the knowledge and skills of pregnant women thereby supporting the prevention of bleeding. Suggestions for community health centers to improve education so that pregnant women are ready to do it independently at home and provide support to health workers to provide education to pregnant women.

Keywords: *Perineal Massage; Perineal Rupture; Socialization; Education; Pregnant Women.*

Abstrak

Tiga penyebab kematian ibu tertinggi di Indonesia salah satunya adalah perdarahan. Robekan perineum yang parah atau yang disebut OASIS dapat menyebabkan perdarahan yang mengarah pada kematian. Kegiatan pengabdian kepada masyarakat ini bertujuan untuk memberikan edukasi mengenai pijat perineum untuk memberdayakan ibu hamil dalam mencegah pecahnya perineum di Puskesmas Peneleh Surabaya Tahun 2023. Program

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kemitraan diperlukan dalam mencapai target Tujuan Pembangunan Berkelanjutan (SDGs). Permasalahan yang dihadapi mitra yaitu meskipun kelas hamil berjalan, tetapi belum ada memberikan materi pencegahan ruptur perineum serta praktik pijat perineum sehingga ibu belum memiliki pemahaman teknik pencegahan robekan jalan lahir. Selain itu, tenaga kesehatan belum menguasai teknik pijat perineum sehingga belum dapat memberikan ilmunya kepada ibu hamil. Kegiatan dilaksanakan dalam bentuk pemberian materi dan praktik. Evaluasi dilakukan dengan pemberian pretest dan posttest untuk pengetahuan dan penilaian keterampilan pijat perineum pada ibu hamil dan tenaga kesehatan. Metode evaluasi yang digunakan adalah kemampuan ibu hamil dalam melakukan latihan pijat perineum secara pantom. Ibu hamil dikatakan bisa melakukan hal tersebut apabila mampu melakukannya dengan benar. Pemberian edukasi terkait pijat perineum dapat meningkatkan pengetahuan dan keterampilan ibu hamil sehingga mendukung pencegahan perdarahan. Saran bagi puskesmas agar meningkatkan edukasi agar ibu hamil siap melakukannya secara mandiri di rumah serta memberi dukungan kepada tenaga kesehatan untuk melakukan edukasi pada ibu hamil.

Kata kunci: *Pijat Perineum; Rupture Perineum; Sosialisasi; Edukasi; Ibu Hamil.*

INTRODUCTION

The maternal mortality rate in East Java will increase in 2021. Efforts to improve the clinical skills of officers in the field will continue to be carried out by involving multi-stakeholders from the East Java Provincial and Regency. According to Supas in 2016, the national MMR was 305 per 100,000 live births. In 2019, the MMR for East Java Province reached 89.81 per 100,000 live births. This figure has increased compared to 2020 which reached 98.39 per 100,000 live births. The still high number of COVID-19 cases is affecting the MMR in East Java, so in 2021, the MMR in East Java will reach 234.7 per 100,000 live births.

The highest maternal mortality rate (MMR) in 2021 is in Blitar City, namely 889.59 per 100,000 live births. And the lowest MMR is in the city of Surabaya, namely 42.33 per 100,000 live births. Meanwhile, if we look at the number of deaths, the highest was Jember Regency with 115 maternal deaths and the lowest was Madiun City with 3 maternal deaths. The three highest causes of maternal death in 2021 are hypertension in pregnancy, namely 9.62% or 123 cases, bleeding, namely 9.38% or 120, and other causes, namely 68.18% or 872 people. Other causes have increased due to the large number of Covid-19 cases. Efforts to reduce maternal mortality due to hypertension in pregnancy and bleeding continue to be carried out and alert to other causes (Dinas Kesehatan Provinsi Jawa Timur, 2021).

Perineal rupture or tearing of the birth canal is a problem related to maternal mortality (MMR). Perineal rupture is associated with postpartum hemorrhage. Lacerations often occur during childbirth and can involve the perineum, labia, vagina, and cervix. Most lacerations will heal without long-term complications, but severe lacerations can cause lasting pain, sexual dysfunction, and embarrassment. Severe lacerations need to be identified and repaired properly during delivery. More than 53-89% of women will experience some form of perineal tear during childbirth (Ramar CN, 2022).

Perineal rupture can cause bleeding in pregnant women, which can cause complications including death. OASIS is a third- and fourth-degree perineal injury that occurs in 0.1% to 10.9% of deliveries. Injury to the birth canal during childbirth can happen to any woman giving birth. The impact of OASIS is very serious and can last a lifetime (Košec

et al., 2019). Obstetric anal sphincter injuries (OASIS) can cause significant morbidity such as anal incontinence, vulvodynia, perineal pain, and dyspareunia. Prevention of these injuries is a priority in the delivery room (Boudry *et al.*, 2023). In East Java, prevention of rupture needs to be done to prevent death, because bleeding is associated with the risk of death and is one of the top 3 causes.

One effort that can be made to prevent tears in the perineum during childbirth is to massage the perineum. Perineal massage is one of the most ancient and surest ways to improve health, blood flow, elasticity, and relaxation of the pelvic floor muscles. Pregnant women need to understand how to prevent the tearing of the birth canal by empowering themselves (Fenaroli *et al.*, 2019; Hoffmann, Lisa, Banse, 2020). Perineal massage could be effective in reducing the risk of severe perineal trauma, such as third- and fourth-degree spontaneous lacerations during labor (Venugopal *et al.*, 2022). Perineal massage had a significant impact on the reduction of the need for episiotomies and the duration of the second stage of labor. Thus, it can be suggested as a safe, simple, low-cost, and effective technique to reduce the perineal damage during delivery (Akhlaghi *et al.*, 2019).

Community health centers in East Java, especially the city of Surabaya, have implemented classes for pregnant women but have not provided materials related to preventing perineal rupture. One of the community health centers in the city of Surabaya is the Peneleh Public Health Center. This health center has primary status. This Public Health Center has a vision of realizing optimal health services in the Peneleh Public Health Center working area. To carry out the vision, there are three missions, namely improving the quality of human resources, improving the quality of sustainable services, and increasing community participation. This community service activity is aimed at providing education regarding perineal massage to empower pregnant women in preventing perineal rupture at Peneleh Public Health Center Surabaya 2023.

COMMUNITY SERVICE METHOD

The implementation method is carried out through activities, namely the preparation, implementation, and evaluation stages. The preparation stage is the first stage that will be carried out before carrying out community service activities by the proposing team to partners, including the planning stage. First of all, the proposing team will coordinate with students who will contribute to help carry out this community service. The purpose of this coordination is to provide team debriefing and discuss planning activities that will be carried out directly with local partners so that later it will produce an overview of the tasks for each member. Also during the preparation stage, the team will prepare in detail what is needed during the activity implementation stage, such as compiling and designing a book containing about preventing birth canal tears and preparing for childbirth as well as perineal massage techniques, coordinating again with partners to determine the schedule and date of the activities. will be done there. Apart from that, we also coordinate regarding places and facilities that partners can help prepare, determine speakers/resources, determine the target number of pregnant women invited to the activity, divide the teams assigned to the activity, rearrange all series of activity events according to the resource person's schedule. and related partners, communication with publishers for publishing books with ISBN, and preparing questionnaires to identify the level of knowledge of counseling participants and participants' skills.

After all the preparation stages have been completed and fulfilled, the next stage is to enter the implementation stage. At this stage, the proposing team and students will be directly involved in carrying out community service carried out by the relevant partners. The implementation begins with providing material for tearing the birth canal and how to do a perineal massage. Next, pregnant women and health workers practice. A two-way communication method where the resource person provides material through lectures and invites the audience to discuss. Mother also got a guidebook and practiced with Phantom. Next, there is an ultrasound activity. Evaluation by reviewing pretest scores.

The evaluation method used is the ability of pregnant women to practice perineal massage in phantom. Pregnant women are said to be able to do it if they can do it correctly. The way to do a perineal massage is to wash your hands, apply lubricant, place your thumb about 2.5-4 centimeters (cm) at the bottom of the vagina, press your thumb towards the anus and to the side until the perineal area feels slightly stretched, hold the stretch for about 1-2 minutes gently massage the lower part of the vagina again for a maximum of 2-3 minutes, massage with your thumb towards the top of the perineum, out, then down again with a U-like movement then repeat the massage several times.

RESULTS AND DISCUSSION

This community service activity was carried out on December 9, 2023, at the Peneleh Community Health Center, Surabaya City. The activity was carried out for 120 minutes. The number of pregnant women who attended was 31 people. 10 health workers. They carried out a pretest and posttest and found an increase before and after the activities. Participants also practiced perineal massage in the phantom. During the preparation, pantoms and books were made.

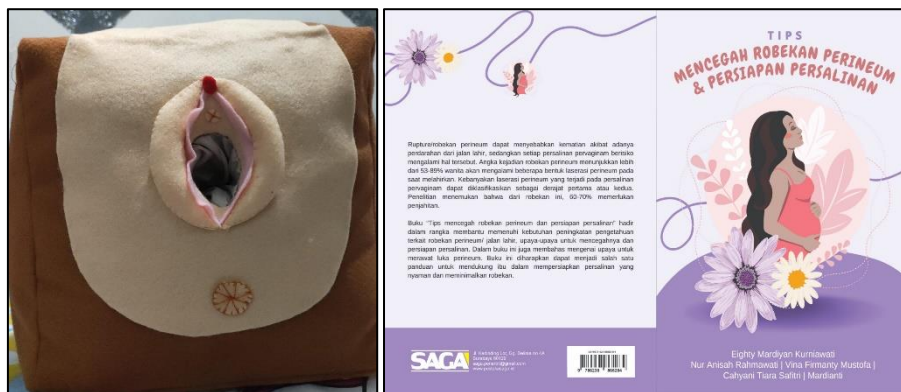


Figure 1. Preparation for service; (a) practice props and (b) the book cover.

The material provided is how to prevent perineal rupture. Apart from that, there is material on how to massage the perineum. The material is given for 60 minutes, followed by questions and answers and 30 minutes of practice. Participants enthusiastically listened to the activity, as evidenced by around 8 participants who asked questions.



Figure 2. *Providing Materials.*

Each participant tried to practice perineal massage, for both pregnant women and health workers. There is an increased understanding of massage techniques. Pregnant women enthusiastically take part in activities.



Figure 3. *Perineal Massage Practice.*

In this activity, ultrasound is carried out to support the health of pregnant women. Pregnant women get comprehensive material including preparation for childbirth in books and get free ultrasounds. It is hoped that the books and phantoms created can be used by community health centers for further outreach to take part in activities.



Figure 4. *Ultrasound assesment.*

Socialization regarding perineal massage in preventing perineal rupture can increase the knowledge and skills of pregnant women and women giving birth. Perineal massage has spread as a prophylactic technique for complications during childbirth. A recognized effect of perineal massage is a reduction in the incidence and severity of perineal tears and birth trauma (Álvarez-González *et al.*, 2022). Perineal massage has no side effects. This intervention is very easy and can be done by mothers and husbands at home. This intervention is cheap because it does not require expensive equipment. This intervention does not require a long time, only 5-10 minutes 3-4 days a week. Health workers can follow up by telephone or daily diary from the mother (Meo, 2020).

Another study found that perineal massage during the second stage of labor can reduce the need for episiotomy, perineal injury, and perineal pain (Akhlaghi *et al.*, 2019). Performing antenatal digital perineal massage and PFMT in addition to health education is recommended to reduce perineal complications (Dieb *et al.*, 2020). Perineal massage and Kegel exercises are important in significantly maintaining the integrity of the perineum. It is thought that when perineal massage and Kegel exercises performed during pregnancy are supported by health professionals, they will play an important role in a woman's quality of life (Dönmez and Kavlak, 2015). The application of perineal massage during active labor decreases the frequency of episiotomy procedures (Demirel and Golbasi, 2015).

The research found that PFM education for birth is inadequate among postpartum women. Health education regarding PFM care during pregnancy and postpartum should be addressed among pregnant women, especially young women with lower levels of education and income (Gondim E JL, Moreira MA, Lima AC, de Aquino PS, 2023). Perineal trauma after vaginal birth is common, with around 9 out of 10 women affected. Antenatal period, perineal massage may be initiated in the third trimester of pregnancy to increase muscle elasticity and allow stretching of the perineum during birth, thereby reducing the risk of tearing or the need for an episiotomy (Okeahialam, Sultan and Thakar, 2023).

CLOSING

Conclusion. Socialization regarding perineal massage in preventing perineal rupture can increase the knowledge and skills of pregnant women and women giving birth.

Suggestions. Suggestions for community health centers to increase education so that pregnant women are willing to do it independently at home and provide support to health workers to provide education to pregnant women.

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