

Effectiveness of Consuming Boiled Eggs on Healing Time Perennial Wounds in Postpartum Mothers

Lusia Asih Wulandari<sup>1</sup>, Wulan Yulianingsih<sup>2</sup>, Eka Yuni Safitri<sup>3</sup>, Nani Firawati<sup>4</sup>, Farina<sup>5</sup>, Welia Rosa Sulinanda<sup>6</sup>, Sulastr<sup>7</sup>, Miswari<sup>8</sup>, Sri indah<sup>9</sup>

1,2,3,4,5,6,7,8,9) Midwife Professional Education Study Program, Faculty of Health, Aisyah Pringsewu University, Jl. A Yani No. 1A Tambak Rejo, Wonodadi, Kec. Pringsewu, Kab Pringsewu, Lampung 35373

[Wulandaribudiyanto@gmail.com](mailto:Wulandaribudiyanto@gmail.com), [yulianingsihwulan11@gmail.com](mailto:yulianingsihwulan11@gmail.com), [ekayunsa@gmail.com](mailto:ekayunsa@gmail.com)

\*Corresponding author  
[ekayunsa@gmail.com](mailto:ekayunsa@gmail.com)

Article Information	ABSTRACT
<p><b>Article History</b></p> <p>Received: 10-07-24 Revised: 15-0-24 Accepted:13-11-24</p> <hr/> <p><b>Keywords:</b></p> <p>Boiled Eggs Postpartum Mothers Perineal Wounds</p>	<p>One of the causes of maternal mortality after childbirth is the infection of the perineal wound due to the lack of adequate care, which causes secondary bleeding in the postpartum period and causes local and general infections. Impaction from perineal suture wounds can cause infection and disrupt the mother's movements and activities. Accelerating wound healing during the postpartum period is highly expected, one of which is by consuming high levels of protein, namely eggs. This study aims to determine the effectiveness of the administration of boiled eggs in the healing of perineal wounds in postpartum mothers. The observation case study method using observation sheets and checklists with a continuity of care approach was given to postpartum mothers, Mrs. R at Adeyane Midwife Independent Practice, Tanggamus Regency from 30 December- 3 January 2024. Data analysis by comparing the data obtained with existing theory. Adittional maternity care for postpartum mothers by consuming boiled eggs twice a day for a week or until the wound is healed. As a result, giving postpartum mothers boiled egg whites will speed up the healing of perineal wounds. Midwifery care provider are expected to always maintain existing midwifery services and continue to develop the latest knowledge.</p>

Introduction

A perineal tear is a tear that occurs in the perineum during childbirth (Marmi, 2012). In Lampung area, maternal mortality cases in 2020 expanded compared to 2019, from 110 cases to 115 cases. The causes of maternal mortality in Lampung Territory in 2020 were caused by dying as numerous as 44 cases, hypertension as numerous as 24 cases, disease as numerous as 2 cases, circulatory

framework disarranges as numerous as 9 cases, metabolic disarranges as numerous as 1 case and others as numerous as 35 cases (Dinkes, 2019).The impact of perineal ruptures that do not get good care is the length of healing of perineal wounds and even infection (Diana, 2017). Perineal wounds can be healed one of them with a good nutritional intake, especially high in protein (Marcelina, R. F. dan Nisa, 2017). Eating hard-boiled eggs can speed up the healing of perineal wounds in postpartum mothers (Sitepu, 2022)

## **Method**

This case study uses a descriptive observational method with an approach to the continuity of care given to the mother after birth, Mrs. R at Adeyane Midwife Independent Practice, Tanggamus Regency from 30 December - 3 January 2024. Data analysis by comparing the data obtained with existing theory.

## **Results and Discussion**

Midwifery care provided at 6 hours postpartum. Mrs. R 28 years old G1P1A0 the stomach is still a little heartburn and afraid to urinate, the laceration wound is still painful. Based on the results of midwifery care provided at 6 hours postpartum. It was found that the mother complained that the suture wound still hurt and was still afraid of early mobilization. The management of this case is with complementary care by consuming boiled egg whites 2 times a day for a week or as long as the wound has not healed. During the study, the respondent, Mrs. R, was observed with an observation sheet and a boiled egg consumption checklist, and will be observed on postpartum day 3 and postpartum day 7, with the following wound observation results, Mrs. R postpartum day to get a score of 4 which means the wound healing process is not good and when observed on day 7 the respondent gets a score of 2, which means the wound healing process is good.

There are several factors that affect the care of the perineum, including nutrition (especially protein), early mobilization, and age. Nutrients, especially protein, play an important role in the healing process of perineal wounds. Protein has a special function that cannot be replaced by other nutrients, namely in supporting the growth, maintenance, and repair of body tissues.

Many sources of high-quality protein are found in animal foods, such as meat, fish, and eggs (Almatsier, 2017). Protein is needed as a building substance that functions to form the body's muscle tissue and accelerate the recovery process after injury, both in the perineum and in the birth canal (Walyani ES, 2015). Boiled eggs contain choline, which has the effect of repairing damaged body cells. Thus, the formation of new, healthy tissue will be easier to replace worn tissue (Dewi, 2019).

Research conducted by Afrah hidayah in a journal entitled the effect of consumption of boiled eggs on the acceleration of perineal wound healing in postpartum women in PMB Phojentrek area Pasuruan district in 2023, which states that there is an influence on the healing process of perineal wounds with consumption of boiled egg whites (Hidayah et al., 2023). The results showed that most postpartum women who were not given boiled egg whites, perineal wound healing was normal (6-7 days) as many as 9 people (56%) and almost half, perineal wound healing was slow (above 7 days) as many as 7 people (44%). Likewise, similar research shows that chicken eggs help speed up the healing of perineal wounds, because of the high protein in eggs (Turnip et al., 2022).

Egg whites are a very high source of protein, have the best protein quality, digestible value, and digestive quality among various other food ingredients. The digestibility value of egg whites reaches 100%, while meat only has a value of 81%. In addition, egg whites contain 95% albumin, which plays an important role in the wound healing process. The protein in egg whites is also very easy to digest, absorb, and utilize by the body for the growth and development of body tissues (Novidha, 2022).

In addition to egg whites, there are several other factors that can affect the acceleration of the wound healing process, including personal hygiene, age, stress, lack of rest. Personal hygiene is one of the most important facts in the process of accelerating wound healing. For this reason, it is hoped that postpartum mothers can properly treat postpartum wounds and do it independently (Triyani et al., 2021).

## **Conclusion**

Giving boiled egg whites to postpartum mothers will speed up the healing of perineal wounds, thereby speeding up the recovery of health after childbirth because egg whites contain very high levels of protein and contain essential amino acids which play a role in regenerating damaged cells and repairing and building new tissue (Indayani & Juliyanti, 2023).

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