



Vaginal Spa Treatment (Solus Per Aqua) To Speed Up Healing Perineal Wounds in Postpartum Women

Nila Trisna Yulianti^{1*}, Heni Elmiani Sari²

^{1,5} Borneo Medistra Polytechnic, East Kalimantan

* (Corresponding author: nila@poltekborneomedistra.ac.id, heni@poltekborneomedistra.ac.id)

Abstract. Puerperal infection is one of the main causes of maternal death in developing countries, including Indonesia. Factors that cause puerperal infections can come from injuries to the birth canal which is a good medium for the development of germs. This is caused by a lack of immune systems, poor postpartum care, malnutrition, and poor genetic hygiene. This study aims to determine the healing time of perineal wounds in postpartum women with vaginal spa (solus per aqua) treatment. This type of research is quasi-experimental with a pretest-posttest control group design. The population of this study were women who gave birth normally from January to July 2022. The sample was taken using a simple random sampling technique. Data collection used primary data in the form of REEDA observation sheets, analyzed using statistical analysis of the T-test with a significance level of 0.05. The results showed that there was a significant difference in the healing time of perineal wounds in postpartum mothers using SPA treatment compared to standard care, with a p-value of $0.004 < p (0.05)$. Based on the results of this study it can be concluded that SPA treatment can heal perineal wounds faster than standard care.

Keywords: Perineal Wound Healing; Postpartum; Spa (Solus Per Aqua) Vagina.

INTRODUCTION

During the postpartum period, the risk of infection may occur. Postpartum infection is one of the main causes of maternal death in developing countries, including Indonesia. Factors that cause postpartum infections can come from injuries to the birth canal is a good medium for the growth of germs^{1,2}. This is due to a lack of immune system, poor postpartum care, lack of nutrition and hygiene poor genetics³. Wiseman et al found the prevalence of perineal wounds in the world almost 4% in labor and between 1%-2% of any postpartum infection results⁴.

Perineal wounds are the most common obstetric complication of childbirth, 55-85% of vaginal deliveries occur. Wiseman et al. found that the experience of infection and the length of time for wound healing has rarely been studied⁴. Other research demonstrated a significantly greater proportion of women with infections due to perineal wounds with a long healing time at the end of the 4th to 6th week the effects stopped breastfeeding (21%) compared with women without infection (12%; $p < 0.001$)⁶. This is supported by Briscoe et al's research, they obtained interview results from 6 people with wounds spontaneous perineum with regular wound care, the healing time is longer infections from 2% to 11% compared to those receiving special care such as additional aromatherapy steam⁷.

The long healing process of wounds like this will result in relationship problems between women and babies and families such as women finding it difficult to care for babies, difficulties breastfeeding, stopping breastfeeding, difficulty carrying out activities and not caring about caring self⁶. The main goal of the postnatal period is to take quick, appropriate action in reducing infections due to the long healing process of perineal wounds. In perineal wounds, the wound healing process can be accelerated using non-pharmacological therapy^{8,9}.

This is in line with research conducted by Yusmayasari et al which found that 40% of Herbal non-pharmacological therapy can heal perineal wounds quickly. Spa (solus per aqua) vagina is a process of evaporation made from spices through the consultation stage, vulva hygiene, V-Scrubbing, V-energy Massage, Bathing Jars, Vsteam and deep treatments that work Homeostasis of skin organisms, improving circulation, important for midwives providing therapy non-pharmacological in the form of vaginal Spa (solus per aqua) techniques to speed up the process healing perineal wounds and preventing the increase in postpartum infections¹⁰. Research purposes to determine the healing time for perineal wounds in postpartum mothers with spa treatment (solus per aqua) vagina.

METHODS

This research is a quasi-experimental research with a pretest-posttest design control group design. The population of this study was women giving birth normally from January to July 2022. Sampling used a simple random sampling technique. Collection data using primary data in the form of REEDA observation sheets, analyzed using T-test statistical analysis with a significance level of 0.05. Data processing uses SPSS version 21.

RESULTS AND DISCUSSION

This study was conducted to compare vaginal spa (solus per aqua) treatments with standard perineal warm lamp treatment on the length of the wound healing process perineum in postpartum mothers in Balikpapan City. The following results were obtained:

Table 1. Characteristics of Respondents for Standard Perineal Wound Treatment with Lamps Warm

Frequency	Presentation (%)	Characteristics	Respondent	
Education				
		SMA	7	87.5
		D3	1	12.5
Gravida				
		G10P9A0	1	12.5
		G1P0A0	3	37.5
		G2P1A0	2	25.0
		G3P2A1	1	12.5
		G5P4A0	1	12.5
Gravitational Age				
		22	2	25.0
		26	2	25.0
		28	2	25.0
		29	1	12.5
		43	1	12.5
Amount		8	100	

Source: Primary Data, 2022

Based on the data above, a frequency distribution was obtained based on education, gravida status, and gravida age. A total of 7 respondents had a high school equivalent educational background with a percentage of 87.5%. Meanwhile, 1 respondent had a D3 education with a percentage of 12.5%. For gravida status, 3 respondents had gravida status G1P0A0 (37.5%), 2 respondents had gravida status G2P1A0 (25%), while the remaining 1 respondent was G10P9A0, G3P2A1, and G5P4A0 each (12.5%). For the characteristics of gravida age, there were 2 respondents aged 22 years, 2 respondents aged 26 years, 2 respondents aged 28 years, and 1 respondent who had a gravida age of 29 and 43 each.

Table 2. Characteristics of Respondents Treating Perineal Wounds with SPA (Solus Per Aqua).

Characteristics	Frequency	Presentation (%)	Respondent
Education			
SMP	1		6,7
SMA	11		73,3
D3	2	13,3 S1	1 6,7
Gravida			
G10P9A0	1		6.7
G1P0A0	7		46.7
G2P1A0	2		13.3
G3P2A0	2		13.3
G4P0A0	1		6.7
G4P3A0	1		6.7
G5P4A0	1		6.7
Gravitational Age			
22	4		26.7
23	1		6.7
24	2		13.3
25	1		6.7
26	3		20.0
29	1		6.7

41	1	6.7
42	1	6.7
43	1	6.7
Amount	15	100

Source: Primary Data, 2022

Based on the data above, a frequency distribution was obtained based on education, gravida status, and gravida age. A total of 11 respondents had a high school equivalent educational background with a percentage of 73.3%. 2 respondents had a D3 education with a percentage of 13.3%. Meanwhile, 1 respondent each had a Bachelor's and Middle School education percentage of 6.7%. For gravida status, 2 respondents had gravida status G2P1A0 (13.3%), 7 respondents had gravida status G1P0A0 (46.7%), 2 respondents had gravida status G3P2A0 (13.3%), while the rest were G10P9A0, G4P0A0, G4P3A0 and G5P4A0 each with 1 respondent (6.7%). For the characteristics of gravida age, there were 4 respondents with a gravida age of 22 years, 2 respondents aged 24 years, 3 respondents aged 26 years, and 1 respondent with a gravida age of 23, 25, 29, 41, 42, and 43 each.

Table 3. Comparison of the Healing Time for Perineal Wounds with Spa (Solus Per Aqua) and Standard Perineal Wound Treatment.

Perlakuan	Average	Std. Deviation	p
SPA	4.87	0.834	0.004
Warm Lamp	6.00	0.756	

Source: Primary Data, 2022

Based on Table 3, it can be seen that the average healing time for perineal wounds in postpartum mothers using SPA treatment is 4.87 days (S.D=0.834), while the healing time for perineal wounds in postpartum mothers using standard treatment (warm light) requires a longer healing time. Long, namely 6 days (S.D=0.756). From the statistical analysis, it was obtained that the p-value = 0.004 < 0.05, so it can be concluded that there is a difference between SPA treatment and standard treatment (warm light) in the length of healing of perineal wounds in postpartum mothers.

DISCUSSION

Perineal wounds are injuries that occur during spontaneous labor. Perineal wounds occur in almost all first deliveries and are not uncommon in subsequent deliveries. Perineal wounds and the length of the wound healing process cause infections which can result in complications and discomfort such as perineal pain, difficulty breastfeeding, stopping breastfeeding and not caring for yourself after giving birth. Based on the research results in Table 3, it was found that healing of perineal wounds in postpartum mothers using SPA treatment required a faster average time, namely 4.87 days compared to standard treatment (warm light), namely 6 days. This is in line

with research conducted by Shedoeva et al. on perineal wounds. Accelerate the healing process with non-pharmacological therapy⁹. This is in line with research conducted by Yusmayasari et al., which found that 40% of non-pharmacological herbal therapy could heal perineal wounds quickly¹⁰.

Vaginal spa (solus per aqua) is a non-pharmacological treatment that utilizes the evaporation process made from herbs through the consultation stage, vulva hygiene, V-Scrubbing, V-energy Massage, Bathing Jars, V-steam and deep treatments which function to homeostasis the skin organism, improve circulation, midwives need to provide non-pharmacological therapy in the form of vaginal Spa (solus per aqua) techniques to speed up the healing process of perineal wounds and prevent an increase in postpartum infections^{9,10}. The spa spice concoction releases a fragrant odor into the vagina, stimulating the vaginal area. The warm steam will stimulate the pores to enlarge and remove toxins and dirt from the vagina and absorb the aroma of the spices.

CONCLUSIONS

From the results of this study, it can be concluded that the healing of perineal wounds in postpartum mothers can be accelerated by using SPA (solus per aqua) treatments.

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