

Studi of Side Effects of Eracs Therapy on Particular Women Post Caesarean Sectio

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Abstract

Cesarean section is preferred by pregnant women over vaginal delivery as it is perceived to be difficult and dangerous. The increased interest in cesarean operations has led to a rise in perioperative services. Enhanced Recovery After Cesarean Surgery (ERACS) is an effective method to enhance the clinical benefits of cesarean operations, speed up rehabilitation, and promote patient discharge. The aim of this study is to describe the side effects of ERACS therapy on postpartum mothers after cesarean section at RSU Morowali. This is a descriptive study. The population and sample in this study consisted of 40 cesarean section mothers selected using total sampling technique. Data was taken by observing the mother after SC 2-6 hours using a checklist. The data analysis used was univariate analysis. This study found that the side effects of ERACS therapy on postpartum mothers after cesarean section at RSU Morowali, Morowali Regency. According to the data, 16 mothers (40.0%) experienced side effects after undergoing ERACS therapy, while 24 mothers (60.0%) did not experience any side effects. The conclusion of the study is that the most common side effects of ERACS therapy are nausea and vomiting, which typically occur once or twice, and one case of itching and redness that did not last long. Most mothers did not experience side effects, indicating that ERACS therapy is generally effective in reducing postoperative discomfort and accelerating recovery. The recommendation is for future researchers to conduct further studies with a larger and more diverse sample to obtain a more comprehensive picture of the side effects of ERACS therapy on postpartum mothers after cesarean section.

Keywords

ERACS Side Effects, Post-Caesarean Sectio, Postpartum Mothers