

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Setelah melakukan telaah kesepuluh literatur dapat disimpulkan bahwa terdapat hubungan antara status nutrisi dan penyembuhan luka pada ibu dengan luka perineum

7.2 Saran

Dengan keberadaan variasi pada aspek alat ukur dan dasar kategorisasi status nutrisi dan penyembuhan luka, maka masih diperlukan telaah literatur sistematis dengan standar yang lebih ketat untuk menguatkan simpulan penelitian ini. Sumber pustaka yang dimaksud hendaknya juga mengendalikan variabel-variabel perancu seperti kondisi kesehatan dasar sampel.

DAFTAR PUSTAKA

1. Graham ID, Carroli G, Davies C, Medves JM. Episiotomy Rates Around the World: An Update. *Birth* [Internet]. 2005 Sep 1 [cited 2021 Apr 2];32(3):219–23. Available from: <http://doi.wiley.com/10.1111/j.0730-7659.2005.00373.x>
2. Miller S, Abalos E, Chamillard M, Ciapponi A, Colaci D, Comandé D, et al. Beyond too little, too late and too much, too soon: a pathway towards evidence-based, respectful maternity care worldwide [Internet]. Vol. 388, *The Lancet*. Lancet Publishing Group; 2016 [cited 2021 Apr 2]. p. 2176–92. Available from: <http://www.thelancet.com/article/S0140673616314726/fulltext>
3. Goh R, Goh D, Ellepola H. Perineal tears - A review. *Aust J Gen Pract* [Internet]. 2018 Jan 1 [cited 2021 Apr 27];47(1–2):35–8. Available from: <https://pubmed.ncbi.nlm.nih.gov/29429318/>
4. Taufan Nugroho dkk. *Buku ajar asuhan kebidanan nifas 3 (Askeb 3)*. ct 1. Nuha Medika; 2014.
5. Munanto H, Parenrengi N, Sumardin RAA. The Association between Serum Albumin Level and Post-Laparotomy Wound Healing Time at Dr. Wahidin Sudirohusodo Hospital, South Sulawesi. In *Masters Program in Public Health, Sebelas Maret University*; 2019. p. 616–616.
6. Sugino H, Hashimoto I, Tanaka Y, Ishida S, Abe Y, Nakanishi H. Relation between the serum albumin level and nutrition supply in patients with pressure ulcers: Retrospective study in an acute care setting. *J Med Investig* [Internet]. 2014 [cited 2021 Apr 2];61(1–2):15–21. Available from: <https://pubmed.ncbi.nlm.nih.gov/24705743/>
7. Utariani A, Rahardjo E, Perdanakusuma DS. Effects of Albumin Infusion on Serum Levels of Albumin, Proinflammatory Cytokines (TNF- α , IL-1, and IL6), CRP, and MMP-8; Tissue Expression of EGRF, ERK1, ERK2, TGF- β , Collagen, and MMP-8; and Wound Healing in Sprague Dawley Rats. *Int J Inflamm*. 2020;2020.
8. Saifuddin AB. *Ilmu Kebidanan Sarwono Prawirohardjo*. Bina pustaka sarwono prawirohardjo; 2014.
9. Cunningham FG. *Williams obstetrics*. 22nd ed. 2005 / edited by FG Cunningham et al. McGraw-Hill; 2005.
10. Netter FH 1906-1991. *Atlas of human anatomy* /. Saunders/Elsevier; 2014.
11. Mansjoer A. *Kapita Selekt Kedokteran*. Ed. 3, cet. Media Aesculapius Fakultas Kedokteran Universitas Indonesia; 2005.
12. Mochtar R. *Sinopsis Obstetri*, Jilid 1. EGC; 1998.
13. Steen M. Perineal Tears and Episiotomy: How Do Wounds Heal? *Br J Midwifery*. 2007;15(5).
14. De Leeuw JW, Struijk PC, Vierhout ME, Wallenburg HCS. Risk factors for third degree perineal ruptures during delivery. *Br J Obstet Gynaecol*. 2001;108(4):383–7.
15. Sartore A, De Seta F, Maso G, Pregazzi R, Grimaldi E, Guaschino S. The Effects of Mediolateral Episiotomy on Pelvic Floor Function After Vaginal Delivery. *Obstet Gynecol*. 2004;103(4):669–73.

16. Boyle M. Wound Healing in Midwifery. Oxford: Radcliffe Publishing; 2006.
17. Scanlon E. Wound Infection and Colonisation. Nurs Stand. 2005;19(24).
18. Almtsier S. Prinsip Dasar Ilmu Gizi. Gramedia Pustaka Utama; 2009.
18. KRISTIYANASARI W. Gizi Ibu Hamil. Nuha Medika; 2010.
19. Waryana. Gizi Reproduksi. Pustaka Rihama;
20. Hall JE. Guyton dan Hall Buku Ajar Fisiologi Kedokteran. Ed.Revisi. Elsevier; 2016.
21. Murray RK. Biokimia Harper ed 27. Buku Kedokteran EGC; 2012.
22. Posthauer ME. The Role of Nutrition in Wound Care. Adv Skin Wound Care. 2006;19(1).
23. Stechmiller JK. Understanding The Role of Nutrition and Wound Healing. Nutr Clin Pract. 2010;25(1):61–8.
24. Campos ACL, Groth AK, Branco AB. Assessment and Nutritional Aspects of Wound Healing. Curr Opin Clin Nutr Metab Care. 2008;11(3):281–8.
25. Busher JT. Serum Albumin and Globulin. Clin Methods Hist Phys Lab Exam [Internet]. 1990; Available from: <http://www.ncbi.nlm.nih.gov/pubmed/21250048>
26. Davidson N. REEDA: Evaluating Postpartum Healing. J Nurse Midwifery [Internet]. 1974 [cited 2021 Apr 21];19(2):6–8. Available from: <https://pubmed.ncbi.nlm.nih.gov/17338109/>
27. Alvarenga MB, Francisco AA, De Oliveira SMJV, Da Silva FMB, Shimoda GT, Damiani LP. Episiotomy Healing Assessment: Redness, Oedema, Ecchymosis, Discharge, Approximation (REEDA) Scale Reliability. Rev Lat Am Enfermagem. 2015;23(1):162–8.
28. Kindberg S, Stehouwer M, Hvidman L, Henriksen TB. Postpartum Perineal Repair Performed by Midwives: A Randomised Trial Comparing Two Suture Techniques Leaving The Skin Unsutured. BJOG An Int J Obstet Gynaecol [Internet]. 2008 Mar [cited 2021 Apr 21];115(4):472–9. Available from: <https://pubmed.ncbi.nlm.nih.gov/18271883/>
29. Kindberg S, Klünder L, Strøm J, Henriksen TB. Ear Acupuncture or Local Anaesthetics As Pain Relief During Postpartum Surgical Repair: A Randomised Controlled Trial. BJOG An Int J Obstet Gynaecol [Internet]. 2009 Mar [cited 2021 Apr 21];116(4):569–76. Available from: <https://pubmed.ncbi.nlm.nih.gov/19120322/>
30. Sheikhan F, Jahdi F, Khoei EM, Shamsalizadeh N, Sheikhan M, Haghani H. Episiotomy Pain Relief: Use Of Lavender Oil Essence In Primiparous Iranian Women. Complement Ther Clin Pract [Internet]. 2012 Feb [cited 2021 Apr 21];18(1):66–70. Available from: <https://pubmed.ncbi.nlm.nih.gov/22196577/>
31. Santos J de O, De Oliveira SMJV, Da Silva FMB, Nobre MRC, Osava RH, Riesco MLG. Low-Level Laser Therapy For Pain Relief After Episiotomy: A Double-Blind Randomised Clinical Trial. J Clin Nurs [Internet]. 2012 Dec [cited 2021 Apr 21];21(23–24):3513–22. Available from: <https://pubmed.ncbi.nlm.nih.gov/22642607/>
32. Setiadarma D, Budiono BP, Margawati A. Hubungan Antara Kadar Albumin Serum Praoperasi. 2018;7(4):1635–46.
33. Sugiartanti MF, Oesman D, Elfiah U. Pengaruh Kadar Albumin Serum terhadap Penyembuhan Luka pada Pasien Pascaoperasi Laparotomi dan Lumbotomi di RSD dr . Soebandi Jember Postoperative Laparotomy and Lumbotomy at dr . Soebandi Hospital

- Jember). 2018;6(3):383–6.
34. Endah E, Rizkyana S. 49 Healthy Vol. 3 No. 1 Tahun 2014. 2014;3(1):49-58.
 35. Triyani Y, Wittiarika ID, Hardianto G. Factors Influencing the Process of Perineal Wound Healing in Postpartum Women in Serui Hospital, Papua. *Indones Midwifery Heal Sci J*. 2021;5(4):398. doi:10.20473/imhsj.v5i4.2021.398-405
 36. Mursyida RF. ANALISIS PENGARUH PENYEMBUHAN LUKA PERINEUM PADA IBU NIFAS DI PUSKESMAS PANGARENGAN (Kecamatan Pangarengan Kabupaten Sampang). *Embrio*. 2018;10(1):26-35. doi:10.36456/embrio.vol10.no1.a1037
 37. Sari Dewi S, Soemardini S, Ari Nugroho F. Hubungan Tingkat Konsumsi Protein, Zat Besi (Fe) dan Zinc (Zn) dengan Kondisi Penyembuhan Luka Perineum Derajat II pada Ibu Nifas. *Maj Kesehatan FKUB*. 2016;3(3):137-143. doi:10.21776/ub.majalahkesehatan.003.03.4
 38. Suryati Y, Kusyati E, Hastuti W. Hubungan Tingkat Pengetahuan Ibu Nifas Tentang Perawatan Luka Perineum Dan Status Gizi Dengan Proses Penyembuhan Luka. *J Manag Keperawatan*. 2013;1(1):25-32. doi:10.14414/jebav.v2i1.1123
 39. Siregar AP. Faktor Yang Berhubungan Dengan Penyembuhan Luka Jahitan Perineum Pada Ibu Postpartum Di Klinik Hj. Dermawati Medan. *Matern Neonatal*. 2021;03(9):1689-1699.
 40. Peltzer K, Pengpid S, Sychareun V, et al. Prehypertension and psychosocial risk factors among university students in ASEAN countries. *BMC Cardiovasc Disord*. 2017;17(1):1-9. doi:10.1186/s12872-017-0666-3
 41. Frilasari H, Saudah N, Prameswari VE, Azizah YN, Suhita BM. Nutritional Pattern And Healing Of Perineum Wound On Postpartum Period. *J Nurs Pract*. 2020;3(2):172-180. doi:10.30994/jnp.v3i2.85
 42. Ratnasari NB. Hubungan Pola Konsumsi Protein Dengan Proses Penyembuhan Luka. *Univ Aisyiah Yogyakarta*. 2018;11:4. ilmu kesehatan aisyyah yogyakarta
 43. Wijayanti F, Widyasih H, Wahyuningsih HP. Hubungan Pola Nutrisi dengan Penyembuhan Luka Perineum pada Ibu Nifas Hari Ke-7. *Kesehat Ibu dan Anak*. 2013;3(1):39-43.