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NURSING CARE ON MATERNAL POSTPARTUM WITH EDEMA ON LIMB IN THE
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ABSTRACT

Physiological changes in postpartum mothers related to the urology systems more easily seen with respect to the ability of the body of pregnant women that save water, edema on maternal postpartum common at the time of the pregnancy process because in pregnancy have many interpretations, 40% of pregnant women and postpartum against edema without serious health problems, the rest is complications in pregnancy. Edema in the feet give rise to feelings of discomfort and mother will have difficulty moving, Thus through the concept of “the need for help” is needed help on pregnant women is related to the phase of “letting in”, “letting hold” and “letting go” of post child birth. Its application can be done by administering traditional medicine. using paremon postpartum mothers, the goal is to give a sense of comfort to mother that they can be more focused on taking care of their baby, in addition parem is also useful for treating cold, swollen, eliminates fatigue and streng then veins and improve blood circulation. From the results obtained from 5 of the respondents in the rambutan room, all of them said that after the implementation of the postpartum mothers do feel more comfortable and edema can be reduced. This research is one of alternative interventions in reducing edema. It is advisable administering parem can be applied in every health care unit and can be applied by the community.

Keywords: Postpartum mom, Edema In the legs, and the granting of Parem