



Application of Breast Care to Fulfill the Pain Comfort in Post Partum Mothers with Swollen Breasts

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ABSTRACT

Objective: The purpose of this study was to provide postpartum health care through breastfeeding (ASI) to increase milk production for mothers after giving birth.

Method: The method used is descriptive and based on a case study approach. with the random sampling technique. The sample elements examined in this case study were postpartum patients with inefficient breastfeeding problems, using data collection techniques such as interviews, observations, physical examinations, and documentation studies.

Result: The findings of the study indicated that the diagnosis was established, namely that breastfeeding was not successful due to insufficient milk supply. Procedures and procedures are breast care or breast care to improve blood flow and prevent blockage of the milk ducts to facilitate milk production.

Conclusion: Maternity care for postpartum clients with ineffective breastfeeding problems is an insurmountable problem. As a result, after 3 days of undergoing breast care, the patient breastfeeds quite profusely.

Keywords: breast care, breast milk, post partum

Introduction

The postpartum period (in children) is the period that begins after the expulsion of the placenta and ends when the uterine organs return to their pre-pregnancy state. The postpartum period begins 2 hours after expulsion of the placenta and ends at 6 weeks or 42 days (Naingalis & Wulandari, 2016). The period after childbirth is often referred to as lactation, where changes occur in the mother's breast that can produce mechanical, nervous and various hormonal stimuli that allow the breasts to produce milk (Shinta Anggraheni, 2021).

A mother will definitely try her best, including giving exclusive breastfeeding to her beloved baby. Breast milk is the best choice for providing the nutrition and energy your baby needs during the first six months. Mothers often face difficulties in giving exclusive breastfeeding, one of the biggest challenges is the uneven production of breast milk. This

causes newborns to only be breastfed within limited limits (Naranjo et al., 2016). Mother's Milk (ASI) is a perfect source of nutrition whose composition is balanced to meet the needs of the baby's growth and development. This is because breast milk is the most complete baby food in terms of quality and quantity. Breast milk is the only food that is sufficient to meet the needs of a baby's normal growth until 4 to 6 months of age (Sulistiyani & Haryani, 2023).

The World Health Organization (WHO) recommends exclusive breastfeeding for six months. However, some mothers do not give exclusive breastfeeding because there is no milk production or only so little that it does not meet the needs of the baby. WHO data for 2016 shows that the average rate of exclusive breastfeeding is far from the target. In Indonesia, 96% of mothers breastfeed their children, but only 42% of children under 6 months are exclusively breastfed. Based on data from the 2018 Basic Health Survey (Riskesdas), the percentage of exclusive breastfeeding in infants aged 0-5 months in Indonesia is 37.3%, while the percentage of partial breastfeeding is 9.3%, special breastfeeding is 3.3%. This shows that the percentage of exclusive breastfeeding in Indonesia is still relatively low (Student et al., 2021). Factors that influence the success of giving a single name is largely determined by the success of breastfeeding at the start of labor, especially in the first week after giving birth. Failure to breastfeed during the first week after delivery may be due to sore or indented nipples, decreased milk supply, or swollen breasts. Swelling of the breasts can be caused by increased milk production, delayed initiation of early breastfeeding (IMD), poor breastfeeding, or limited breastfeeding time (Setyaningsih et al., 2020).

Swollen breasts can be caused by blocked milk ducts. Blockage of one or more milk ducts can occur in the breast (Faridah & Widaningsih, 2022). accumulate in the breast. If not treated immediately, this condition can cause inflammation of the breast and interfere with the breastfeeding process. Symptoms of breast swelling often reach their peak on the third to fifth day after giving birth. In addition, the nipples will also enlarge, the breasts will feel tight and hard, and milk production will be hampered (Septiani & Sumiyati, 2022). Prevention that may be done is breast care. To overcome barriers to milk production, mothers can avoid this problem by using other treatments, such as breast care (Murtilita, 2015). Breast care is a three-way approach to maintaining the health and hygiene of the mother's breasts, flexing and strengthening the nipples, stimulating the pituitary gland to release lactogenic hormones and prolactin, increasing blood circulation, preventing blockage of milk production and increasing milk production (Maharena, 2021).

Several researchers in 2015 showed that breastfeeding with breastfeeding can help increase mother's milk production after delivery to support exclusive breastfeeding in infants from 0 to 6 months, and this therapy is also easy to use to increase breast milk after birth. childbirth The purpose of this study was to determine the effectiveness of increasing milk production through breastfeeding therapy (Naingalis & Lovendra, 2023).

Based on this, the authors are interested in conducting a case study based on the role and function of nurses entitled Application of Breast Care to Realize Pain Relief in Postpartum Mothers in 2023. The difference between this research and previous research (Rizkya Danti et al., 2022). The results showed that the use of breast care for pain experienced by postpartum mothers, this study aims to evaluate the use of breast care to increase milk production in postpartum mothers (Hennyati, 2021).

Objective

Knowing the description of the use of breast care therapy to provide a feeling of comfort to the mother after giving birth.

Method

The method used is descriptive and based on a case study approach. Using random sampling technique. The samples taken in this study were postpartum mothers with ineffective breastfeeding problems, using data collection methods in the form of interviews, observations, physical examinations, and document studies.

Results

The patient named Mrs. R is married, 30 years old, a woman, Muslim and residing in Bunter Village Rt 01 Rw 07 Sukadana District, Ciamis Regency. The client complained that his milk had not come out with a history now. The patient came to the PONEK RSUD Banjar City on May 28 2023 accompanied by his family with complaints of mules and watery discharge from the birth canal since 14.00 WIB with G4P3A0 H 37 weeks infartu stage 1, then the spontaneous post partum client on May 29 2023 and was transferred to the Teratai Room 2 class III number 4 after spontaneous post partum. When examined on the first day, May 29, 2023 at 08.30 WIB the patient said that she had moved from the Lotus 1 Room and had given birth spontaneously at 37 weeks' gestation. the breast radiates to the back, the pain scale is 4 (0-10), pain is felt when the breast feels full so that milk removal is not effective. Blood pressure 120/80mmHg, temperature 36.5°C, pulse 85x/minute, respiration 20x/minute. The patient does not have any disease, has never been treated at a health facility before, has no history of congenital disease or disease that can spread. The results of laboratory tests conducted by Mrs. R everything is normal (Setiawan, et al 2021).

Discussion

After the nursing process was carried out, a mother experienced spontaneous postpartum R contractions in the Teratai 2 room at the Banjar City Hospital on May 29-31 2023 for 3 days. By acting as a nurse for patients and their relatives, patients can work well and cooperatively so that operations can run well. The treatment process is made for a woman. R is assessment, nursing diagnosis, nursing intervention, nursing implementation, and nursing evaluation.

The initial step in the nursing process is evaluation which is an important stage in summarizing patient data to identify and understand physical, mental, social and environmental health problems and patient care needs. These data will later be submitted for the enforcement of nursing diagnoses. Based on the results of the study on May 29, 2023 at 08.30 WIB the client complained that his milk had not come out with the results of vital signs BP 120/80mmHg, Respiration 20x/minute, Pulse 85x/minute, Body temperature 36.5°C.

Then, the second process based on the results of grouping the study data, it can be concluded that the diagnosis obtained is ineffective breastfeeding (D.0029). Adapted from the Nursing Diagnostics Group of the Indonesian National Nurses Association in the Indonesian Nursing Diagnostic Standards (IDHS) Edition I of 2017. This situation is related to ineffective breastfeeding. Which is characterized by subjective data, namely patients complaining that their milk has not come out, while objective data obtained vital signs BP 120/80mmHg, respiration 20x/minute, pulse 85x/minute, temperature 36.5°C and no milk dripping. According to the facts in the field and existing theories, the results obtained have relevance in terms of determining nursing diagnoses in spontaneous postpartum patients. Facts in the field say that in post partum patients spontaneous nursing diagnoses can result in ineffective breastfeeding.

After analyzing the data from the diagnosis, then the third process, namely the nursing plan given, was taken in the Indonesian Nursing Intervention Standards book, edition I, printed II in 2018. the client understands breast care methods for mothers who are breastfeeding, so that milk can flow smoothly, and milk supply is sufficient. The interventions carried out are in accordance with the Nursing Intervention Standards book (PPNI, 2016) The interventions given are as follows: The interventions given are: Identify the causes of the lack of milk production, inform the mother about her nutritional needs, explain to the client the importance of the benefits of breastfeeding, Instruct the client to teach the baby to suckle the nipple properly, because this will enlarge the nipple. the mother can stimulate discharge, tell the mother about breast pumps to reduce breast swelling, teach breast care before delivery by compressing it using a cloth smeared with coconut oil, the last breast milk is the milk given to the mother. R especially through health education about breastfeeding and giving pamphlets to increase mother's knowledge.

In the fourth stage, namely the implementation given in accordance with nursing interventions that have been designed according to the needs of the client. During the implementation of nursing, the author also involves the family in its implementation, it is intended that the family and the client are able to do it independently and continuously when the client is allowed to go home. The entire implementation of nursing work is carried out and takes place in accordance with the care plan. So there are no gaps in the implementation of nursing work. Based on these nursing problems, the authors apply nurses for three days in accordance with the interventions carried out by paying attention to aspects of objectives and outcome criteria in certain areas. The result is considered very effective. R in meeting operational requirements.

The fifth process, namely evaluation, is the process of reporting how the activity has been resolved, how it deviates from certain provisions, and determines the difference between the two and what benefits have been taken. And it is applied to monitor the following treatment and evaluate the effect of the treatment action on the client.

In the formative evaluation conducted on May 29, 2023, the results were not resolved because the client still said that the milk had not come out. Whereas the summative evaluation by monitoring the patient's progress notes which was carried out on 29-31 May 2023 showed quite good results. On May 29, 2023 the first day of progress notes, the results obtained after carrying out breast care measures had not dripped and were gushing. Then on May 30, 2023, on the second day of development records, the results obtained were that breast milk had come out. Whereas in the last day or third day of progress notes on May 31, 2023 it experienced better development after this action was carried out, namely the breast milk was dripping continuously so that it penetrated the clothes, the client also said that the milk had dripped continuously and was gushing out.

Conclusion

The conclusion of maternity nursing care for postpartum patients with ineffective breastfeeding problems is that the problem has been resolved. After being given breast care for 3 days, the patient was able to excrete sufficient amounts of milk.

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