

## Oxytocin Massage Management To Facilitate Mother Postpartum breast milk in Pekanbaru City Murtinawita In PMB 2019

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**Abstract-** Postpartum Period (Puerperium) is the period that starts after the placenta comes out and ends when the means of content back to normal (before pregnancy). Sometimes in the puerperium there are complications or problems that occur in the breast-feeding for infants. Breastfeeding is a fun experience or be an unpleasant experience for both mother and baby. one of the problems in the process of breastfeeding is clogged milk and milk no problem spending smoothly. In this case the authors do midwifery care in puerperal women with oxytocin massage to smooth milk and also conduct thorough and continuous care through SOAP documentation approach. The case study method: This case using SOAP documentation approach. Making the case carried out by two visits. Midwifery care with massage oxytocin performed at Ny. A 24-year-old milk that is not smooth, after the midwifery care with massage 2 times in one day with a time of 2-3 minutes before breastfeeding then get results in the mother breastfed expenditure to be smooth. As the health service should in PMB Murtinawita form postpartum classes such as gymnastics parturition and teach massage oxytocin to mothers experiencing breastfeeding problems in the process so that the process of breastfeeding and exclusive breastfeeding can be achieved after the midwifery care with massage 2 times in one day with a time of 2-3 minutes before breastfeeding then get results in the mother breastfed expenditure to be smooth. As the health service should in PMB Murtinawita form postpartum classes such as gymnastics parturition and teach massage oxytocin to mothers experiencing breastfeeding problems in the process so that the process of breastfeeding and exclusive breastfeeding can be achieved after the midwifery care with massage 2 times in one day with a time of 2-3 minutes before breastfeeding then get results in the mother breastfed expenditure to be smooth. As the health service should in PMB Murtinawita form postpartum classes such as gymnastics parturition and teach massage oxytocin to mothers experiencing breastfeeding problems in the process so that the process of breastfeeding and exclusive breastfeeding can be achieved

**Keywords:**Midwifery Care, Postpartum Mom, With Oxytocin Massage To Facilitate breastfeeding

### 1. Introduction

Postpartum Period (Puerperium) is the period that starts after the placenta comes out and ends when the means of content back to normal (before pregnancy). Puerperal period lasted for approximately 6 weeks. Puerperal an important period in the life period of a mother one conducted in the puerperium are breastfeeding. (Sulistyawati, 2009). Ditahapan postnatal midwife has a very important role in providing midwifery care in the postpartum and breastfeeding mothers. The roles and responsibilities of the midwife in the postnatal and breastfeeding which provide midwifery care in an effective, safe with regard to the cultural aspects of post-partum and breastfeeding mothers in normal conditions by the standards of midwifery practice code of ethics. (Sulistyawati, 2009). Sometimes in the puerperium there are complications or problems in breastfeeding (breast milk) to babies, breastfeeding is the duty of a mother after giving birth task successfully passed. Breastfeeding is a fun experience or be an unpleasant experience for both mother and baby. Sometimes during childbirth mother is having difficulty breastfeeding her baby. Some problems or penyuit during childbirth which is not pleasant for the mother include sore nipples, engorgement, clogged milk and milk no problem spending smoothly (Maritalia, 2012). Exclusive breastfeeding is the gift that was given for 6 months, with no additional other liquids such as milk formula, orange, honey, water, and the white water and without the addition of solid foods such as bananas, milk porridge, biscuits, rice and rice porridge team (Kristiyansari, 2009). Ari Award Mother's Milk (ASI) as one that gives the most impact on child survival, growth, and development. Found many mothers do

postnatal care based on culture and tradition, including in terms of breastfeeding, but in some mothers may happen trouble spending the breast because many mothers affected by myths such as the mother does not want to breastfeed for fear of changing the shape of her breasts, giving bananas and porridge to infants, so that the mother did not want to give breast milk to the baby and the mother finally decided to give formula. (Huriah, 2018). According to the results of 2018 the proportion RISKESDES Exclusive breastfeeding for as much as 37.3%, 9.3% partial breastfeeding, and predominant breastfeeding 3.3%. While in Riau province Exclusive breastfeeding as much as 38.0%, Partial Asi 13.0% and predominant breastfeeding as much as 5.0%. The data is still lower than its provision of exclusive breastfeeding. (RISKESDES, 2018). The failure of this feeding process there are several factors that can cause feeding process is not going well one of them is spending ASI is not smooth. The success of exclusive breastfeeding with the problem of non-current expenditure breastfeeding can be overcome by one of the ways is by doing massage Oxytocin. And according to research results of Hartono et al using methods Experiments mention that the massage does oxytocin can increase milk production. Oxytocin is a hormone that is important in breast milk expenditure. Massage Oxytocin is also called the rolling massage is a relaxation therapy that aims to stimulate the central nervous and anterior hipofisiposterior so as to increase milk production, especially in women postpartum and provide comfort and relaxation after childbirth, this massage is done on the spine that is costa 5- 6 down the spine by doing small circular movements with both thumbs and is done for 2-3 minutes on a regular basis 2 times a day and should be done before the study said menyusui. dari milk production prior to the massage oxytocin is not quite as many as 27 categories of respondents ( 80%), while in the category of pretty much as 6 respondents (20%). after doing massage oxytocin in the category cukuo milk production by 27 respondents (90%), while the category not quite as much as three respondents (10%). (Hartono et al., 2018). Based on the results of the data can be in one month last 7 patients with normal birth in BPM tersebut. dan for patients who have complaints with the ASI is not smooth at the onset of labor in the last 1 month as many as 4 out of 7 patients who labor. From this background, the authors wanted to do midwifery care in postpartum mothers with breastfeeding problems noncurrent expenditure is by doing massages right oxytocin to skim the milk expenditure. and for patients who have complaints with the ASI is not smooth at the onset of labor in the last 1 month as many as 4 out of 7 patients who labor. From this background, the authors wanted to do midwifery care in postpartum mothers with breastfeeding problems noncurrent expenditure is by doing massages right oxytocin to skim the milk expenditure. and for patients who have complaints with the ASI is not smooth at the onset of labor in the last 1 month as many as 4 out of 7 patients who labor. From this background, the authors wanted to do midwifery care in postpartum mothers with breastfeeding problems noncurrent expenditure is by doing massages right oxytocin to skim the milk expenditure.

## 2. Research Methods

**Methods** This report is a case study with reference to midwifery care in postpartum mothers. This case study illustrates midwifery care in puerperal women with oxytocin to expedite expenditure massage ASI

## 3. Result

### 3.1. First visit

The first study was conducted in Ny. A Postpartum 3 days on July 16 2019 at 10:30 pm. Ny subjective data. A age 24, she complained of her breast milk has not come out smoothly and the baby just want to breastfeed briefly briefly so that the mother can not give breast milk to the baby effectively. As said the mother "keluhanny the moment I feel my milk has not come out smoothly old baby I do not want to breastfeed and often fussy" baby urinate sebnayak 4 times a day and a bit fussy baby. "Urinate around 3 or 4 times a day" And the mother said if mothers get health education on how to breast care and how to breastfeed properly. "I've taught each employee here how to breastfeed properly and maintenance of breastfeeding" At the time of the study authors ask mothers diet, mother say eat three times a day with the normal portion and no complaints in eating issues and there are no restrictions, patterns eliminasi mother said he had to

urinate and the baby urinate 4 times a day and there is no problem in bowel mother. Mother pattern is still not regularly break due to a fussy baby.

In the collection of objective data found general condition good mother, vital signs within normal circumstances, the physical examination of the mammary nipple protruding colostrum expenditure (+) and no abnormalities. Abdominal examination was no surgical wound and TFU three fingers below the center and good contraction. On examination genital birth canal laceration degree 2 and stitches under normal circumstances and expenditure vaginal lochea rubra. From the results of analysis of data d above can be Ny analysis. J P1A0 3 days postpartum and milk that is not smooth.

### 3.2 Second visit.

The second study conducted in Ny. A Postpartum 6 days of the date of July 20, 2019 at 16:00, at home patients in Jalan Bukit Raya. Rt 01 Rw 02. Ny. J said he had no further complaints in giving her milk, Ny. J said its spending breast milk is smooth. The baby is able to breastfeed properly and also the baby is not fussy anymore. And she said already implementing these massage 2 times a day in the morning and during the day in accordance with the recommendation and there is no problem in her post-partum period. As said mothers' breastmilk current expenditure and also want to breastfeed infants with frequent urination and baby as much as 6 times a day ". Of objective data found in research Ny.J composmentis mother's general condition, From the results of data collection is found, it can be withdrawn analysis P1A0 Ny.J Postpartum day 6 with expenditures milk is smooth.

## 4. Discussion

In the preparation of the scientific paper, the authors conducted research in Ny. J age of 24 years by doing massage to smooth expenditure breastfeeding oxytocin is not smooth in PMB Murtinawita city of Pekanbaru. On subjective data, said the mother complained that her breast milk is not smooth out so that the mother can not breastfeed their children well. This is consistent with the theory (Maritalia, 2012) who said that that during childbirth there are any problems or difficulties in breastfeeding infants, some problems or complications during childbirth that is not pleasant for the mother such as nipple abrasions, breast swelling, breast milk is clogged and expenditure problems breastfeeding is not smooth. According to the theory (Retnowati, 2016). She also said that after the baby is born, the baby is urinating and the first day of the baby just urinate 4 times. This is not consistent with the theory (Hartono et al, 2018) which says that the baby sign enough milk is the baby will urinate 6-8 times a day. Therefore it is necessary to do something to overcome it is to do her massage oxytocin in the mother that breastfeeding a baby can be effective. At the second assessment of subjective data obtained that his mother said ASI expenditure is smooth after the massage oxytocin. This is consistent with the theory (Hartono et al, 2018) which says that massage can stimulate oxytocin ASI spending will accelerate work in stimulating the sympathetic nerves of the posterior pituitary to secrete oxytocin. , And on the second visit to the general state examination and vital signs within normal limits physical examination found abnormal uterine contractions, lochea sanguinolenta. Of objective data above shows normal circumstances it is consistent with the theory (Wulandari & Hand, 2011) said during a visit puerperal objective data that needs to be done is to know the state of the mother is in good condition, ensuring uterine involution was normal, good contraction. Assess for signs of fever, infection or abnormal bleeding. The same thing also expressed by (Sulistyawati 2009) which says that the height of the uterine fundus during the newborn that is as high as the center, at 2-3 days postpartum uterine fundus three fingers below the center, at 1 week postpartum uterine fundus mid-center and simpisis, at 2 weeks and 6 weeks is no longer palpable. Of objective data above shows normal circumstances it is consistent with the theory (Wulandari & Hand, 2011) said during a visit puerperal objective data that needs to be done is to know the state of the mother is in good condition, ensuring uterine involution was normal, good contraction. Assess for signs of fever, infection or abnormal bleeding. The same thing also expressed by (Sulistyawati 2009) which says that the height of the uterine fundus during the newborn that is as high as the center, at 2-3 days postpartum uterine fundus three fingers below the center, at 1 week postpartum uterine fundus mid-center and simpisis, at 2 weeks and 6 weeks is no longer palpable. Of objective data above shows normal circumstances it is consistent with the theory (Wulandari & Hand, 2011) said during a visit puerperal objective data that needs to be done is to know the state of the mother

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According to the theory (Maritalia, 2012) lochea characteristics during childbirth is on days 1-2 postpartum mothers postpartum lochea lochea rubra which consists of fresh blood in maroon and this corresponds to reality maternal vaginal expenditure in the form of fresh blood in maroon. And at the second assessment that maternal vaginal spending lochea sanguinolenta ie patches of blood and it is also consistent with the theory (Maritalia, 2012) which says that on days 3-7 postpartum lochea sanguinolenta the form of patches of blood. Diagnosis which can be enforced on midwifery care is Based on penitiation that has been done, researchers can assess that Ny. J having problems in future spending nifasnya that milk is not smooth. According to the theory (Retnowati, 2016). The management or care provided to Mrs. J with a massage oxytocin to facilitate breastfeeding. Handling a case study noncurrent ASI's authors provided midwifery care to do massage oxytocin and also teaches the family to perform the massage oxytocin. This is consistent with the theory (Hartono et al, 2018). For the handling of milk that is not smooth can be solved by doing massage oxytocin which aims to stimulate the central nervous in the posterior pituitary and the interior so as to increase milk production and provide comfort and relaxation after childbirth, this massage is done on the spine by doing small circular movements with both thumb and performed for 2 -3 minutes regularly 2 times a day and should be done before feeding. In this case study the authors also provide education in the mother's kesesehatan also supports the process of spending his mother's milk is running smoothly. penkes balanced nutrition in the form of patterns, patterns of rest, personal hygiene, as well as family support for postpartum mothers in running nifasnya period. It was submitted by (Maritalia, 2012) who say mothers during childbirth has a special base needs to be passed during childbirth safe, healthy and prosperous as well as supporting the success of breastfeeding. To meet the nutritional needs of postpartum mothers, postpartum mothers should consume foods that contain substances that are useful to the body in preparation for excretion of breast milk, the milk production process there are many foods that can make milk production to be increased one leaf katuk. According to (Sumpurno 2007) said leaf katuk has a lot of nutritional content such as vitamin A, B and C, protein, phosphorus, calcium and nutrients that are good for increasing breastfeeding and also has many other benefits. In postnatal rest patterns are also very important for puerperal women, postpartum mothers must be clever to set his break patterns such as following the pattern of resting baby, if the baby is sleeping mother a break for rest needs less will result in reduced milk production. In postnatal family support during childbirth is in need by mothers postpartum based theory (Wulandari & Hand, 2011) on postpartum mothers really need the support of husbands to help mothers care for, keep the baby, and also helps mothers in housework in order meras partum mothers is not alone in future.

## 5. Conclusion

Midwifery care given to mothers breastfeeding postpartum complaint is not smooth expenditure is by doing massage oxytocin to help launch ASI expenditures made to patients PMB Murtinawita by

making 2 visits to their home. The case study on postpartum mothers with massage oxytocin to facilitate breastfeeding obtained good results, good results are obtained by performing a massage oxytocin, nutrition balanced, patterns of rest, lactating adequately, and family support can cope with and assist the mother in breastfeeding and run past nifasnya

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