

Lactation Management Education For Postpartum Patients At A.M. Parikesit Hospital, Tenggarong

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Abstract

Breast milk is an essential substance that newborns need to fulfill their nutritional needs and develop their body systems. The breastfeeding rate in Indonesia only reaches 80%, which means it is still below the coverage target. Breast milk given exclusively can be a natural contraceptive, reduce the risk of breast cancer, and reduce postpartum bleeding. Therefore, lactation is necessary for smooth and increased breast milk production. Lactation management education for postpartum mothers is needed to provide understanding to mothers so that their motivation to provide exclusive breastfeeding increases, and they can perform lactation correctly. After lactation management education, the mother's knowledge of lactation management increases, and the attachment between mother and baby also increases.

A. Introduction

Postpartum care in preventing postpartum complications and reducing maternal and infant mortality. The postpartum period will be passed by the mother from the first birth day to 6 weeks of birth, where the mother will experience various physical changes such as physical changes, lactation disorders, changes in body and psychological systems due to the increase in the number of family members and the lactation period (Sembiring et al., 2024). The lactation period is the process of breastfeeding from the production of breast milk to the sucking and swallowing of the baby (Wijayanti & Komariyah, 2019).

Breast milk is a fat emulsion produced by the alveoli of the mother's breast glands in the form of globules in water with lactose, protein aggregates, and organic salts. Newborns require full care, including nutrition. Breast milk is good nutrition for newborns. Newborns need breast milk to provide nutrients, provide antibodies to maintain optimal immunity, improve digestion, and increase weight (The et al., 2023). Breast milk is also beneficial for mothers in accelerating postpartum recovery, preventing breast and ovarian cancer, losing weight, and reducing stress by increasing the hormone oxytocin (Rumaini, 2023). Breast milk should be given exclusively. According to the World Health Organization (2019), Exclusive breastfeeding means that the baby only breastfeeds without other foods and drinks until the baby is 6 months old, except for drugs and vitamins. The baby's health is affected by the amount of breast milk; the less breast milk the baby gets, the worse his health will be (Astriana et al., 2022).

According to data from the 2023 Indonesian Health Survey (SKI), the rate of exclusive breastfeeding is only 55%, still far below the national target of 80%. The percentage of babies less than 6 months old who receive exclusive breastfeeding in East Kalimantan is 75.87% (Alda & Abdul, 2022). Exclusive breastfeeding can not be carried out optimally due to several factors such as low knowledge of mothers and families about the benefits of breastfeeding, the correct way to breastfeed, low lactation counseling services, environmental and socio-cultural factors, the rampant promotion of formula milk and a lack of maternal confidence (Melisa Frisilia, 2022). This can cause mothers to stop breastfeeding and replace breast milk with formula milk or other food ingredients that are not suitable for the baby's age.

Postpartum mothers often experience ineffective breastfeeding problems, such as mother and baby conditions that cause dissatisfaction or difficulties in the breastfeeding process (DPP PPNI, 2017). Therefore, an intervention is needed in the form of lactation management education to increase and streamline breast milk production and exclusive breastfeeding.

Ineffective breastfeeding is often a problem in postpartum mothers which is influenced by various factors such as low maternal knowledge of the correct way to breastfeed, the benefits of exclusive breastfeeding, and breast care so that the lactation process is disrupted and can cause attachment disorders that interfere with the baby's growth and development process such as weight loss (Sriningsih & Kuntari, 2023). Health education about lactation management is one of the efforts to overcome the problem of ineffective breastfeeding. Through health education about lactation management, it is hoped that mothers will better understand the importance of exclusive breastfeeding, how to breastfeed properly, how to increase breast milk production, and signs that the baby is getting enough milk (Huda et al., 2022).

Many mothers do not know the benefits of exclusive breastfeeding for themselves and their babies, so they do not bother to give exclusive breastfeeding for 6 months and continue for up to 2 years. It is often one of the causes of problems in children's growth and development, one of which is stunting (Roberts et al., 2023). Mother's ignorance of how to breastfeed properly affects the breastfeeding process and the volume of milk sucked by the baby. Mothers who are unable to breastfeed properly usually cannot provide the breast milk supply as needed, so that the baby's weight is less than optimal. For primigravida mothers, knowledge of ways to increase breast milk production is usually still lacking, so when faced with low breast milk production, mothers become anxious and even stressed, which can lead to a decrease in breast milk production.

Community service is provided for postpartum mothers with lactation management education to increase maternal knowledge about the benefits of exclusive breastfeeding, how to breastfeed correctly, how to increase breast milk production, and signs of adequate breastfeeding. It is hoped that from this service activity, mothers will understand lactation management so that they can perform lactation properly and correctly and meet the needs of breast milk that supports the growth and development of babies.

B. Methods

The implementation of this community service was carried out on Monday, December 9, 2024 on 11 postpartum mothers accompanied by their husbands in the joint care room of the A.M Parikesit Tenggarong Hospital with a quantitative research design. This service activity was carried out with a lecture method which began with the delivery of the meaning of lactation, the benefits of exclusive breastfeeding, the correct way to breastfeed, and the sign that the baby has enough breast milk followed by demonstrating the correct way to breastfeed by giving an example first and participants followed it in their respective beds directly with their babies and evaluated. The instrument used was a pre-post test.

1. Presentation and question and answer, at this stage the presenter provided explanations related to lactation such as the definition, benefits of breastfeeding, how to increase breast milk production, and how to breastfeed properly. Question and answer activities are carried out when providing explanations and practices.
2. The demonstration was carried out by displaying, giving examples and demonstrating it in front of the participants. At this stage, a demonstration of the correct way to breastfeed, both the correct breastfeeding position and attachment of the baby is carried out.
3. The practice was carried out by the participants by positioning and attaching the baby correctly and trying various breastfeeding positions such as cradle, cross cradle, football hold, lying down and sleeping on their sides.
4. The evaluation was carried out so that participants were able to overcome the difficulties faced so that they could carry out lactation management well by looking at the participants' ability to position and attach babies and breastfeeding in various positions. Cognitive evaluation is carried out by reflecting on the material and asking participants to answer questions orally by being appointed

C. Results and Discussion

Community service activities in the form of lactation management for postpartum mothers in the joint care room of A.M Parikesit Tenggarong Hospital on Monday, December 9, 2024. This activity is carried out not only to increase knowledge but also to change the positive behavior of mothers in performing lactation. The education carried out can help participants in preventing lactation disorders in the form of ineffective breastfeeding, attachment disorders, and swelling of the breasts. Through this service activity, it also supports increasing the motivation of mothers in providing exclusive breastfeeding for 6 months and continuing for up to 2 years.

As a result of this service activity, of the 11 participants who at the time of the assessment said that they did not understand lactation management, their knowledge increased, characterized by participants being able to provide feedback by answering the speaker's questions correctly and being able to practice the material of positioning babies and breastfeeding correctly. This shows that lactation management education is able to increase mothers' understanding of lactation management.

Through this activity, mothers can explain again the meaning of lactation, the benefits of exclusive breastfeeding for mothers and babies, how to increase breast milk production by milking breasts, doing oxytocin massage, and breast care, as well as signs that the baby has enough breast milk. Mothers are also able to position and attach the baby well while breastfeeding, and mothers can practice breastfeeding in various positions such as cradle, cross cradle, football hold, lying down, and sleeping on their sides. After the education, the mothers of the service participants said that they wanted to provide exclusive breastfeeding for their babies. This means that lactation management education is able to significantly increase maternal knowledge in conducting lactation management and increase maternal motivation in providing exclusive breastfeeding. The application of the results of this service is also in line with research conducted by (Sekarsari et al., 2024), which states that lactation management education is able to increase maternal motivation in providing exclusive breastfeeding.

This community service provides solutions for mothers who experience low milk production problems by doing breast care, milking breasts with marmot techniques, and oxytocin massage. Breast care is able to increase blood circulation by minimizing blockages in the milk ducts so that milk production is easier (Enggar et al., 2023). The marmet technique is able to empty breast milk so that the lactiferous sinuses under the areola provide impulses that stimulate the production of the hormone prolactin and stimulate the alveoli to produce breast milk. Meanwhile, oxytocin massage stimulates the hypothalamus to release the hormone prolactin to produce breast milk and the hormone oxytocin to excrete breast milk (Selistiyaningtyas & Pawestri, 2021). In this service, participants are able to do breast care, flush the breasts well. The husbands are able to do an oxytocin massage well.



Figure 1. Educate the postpartum mother and their spouses and other family members

D. Conclusion

Community service activities through lactation management education by explaining, demonstrating and practicing lactation, the benefits of exclusive breastfeeding, the correct way to breastfeed, how to increase breast milk production, and signs of adequate breastfeeding in postpartum mothers in the joint care room of RSUD A.M Parikesit Tenggarong showed significant results in increasing knowledge, motivation for exclusive breastfeeding and increasing maternal confidence in breastfeeding babies. Improving the ability of mothers to position and attach babies, breastfeeding in various positions, and doing breast care, blushing with marmot techniques, and oxytocin massage is clear evidence that lactation management education is effective. In particular, this community service is able to overcome the problem of ineffective breastfeeding. This means that the education program is one of the factors in increasing breast milk production and attachment of mothers and babies, so that exclusive breastfeeding can be increased. However, the husband's involvement in lactation management cannot be ascertained, the mother's busyness, the mother's physical and psychological condition, the socio-cultural state, and the mother's interest in formula milk promotion cannot be ascertained. The will and ability of mothers, as well as the role of husbands and families in carrying out lactation management, are very necessary to support educational outcomes in a sustainable manner. It is hoped that health workers can provide additional services related to lactation management and health education so that breastfeeding mothers get the knowledge they need.

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