Nursing Care for Postpartum Mothers with Indications of Sectio Caesarea Against Lack of Knowledge About Breastfeeding Techniques at RPKK Koja Regional General Hospital, DKI Jakarta Province

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Abstract
The aim of this study was to determine mothers' knowledge about correct breastfeeding techniques for postpartum mothers with Sectio caesarea at the Koja Regional General Hospital, DKI Jakarta Province. This research method uses an observation sheet with a pre and post intervention design. Measurements were carried out on 3 respondents. This research was conducted at the Koja Regional General Hospital, DKI Jakarta Province. Data collection was carried out for 3 days. The sample in this study was postpartum mothers post caesarean section. The variable in this research is conducting health education about correct breastfeeding techniques. Analysis using an observation sheet is used to see knowledge of the breastfeeding techniques used. The results of this study show that by carrying out correct breastfeeding techniques, post-caesarean section mothers will understand and know the correct attachment position and breastfeeding technique so that complications of pain and blisters on the nipples do not occur. The more active the mother is in breastfeeding, the faster the mother will understand.

Keywords: Breastfeeding Techniques, Caesarean Section, Postpartum Period, Knowledge

Introduction
Breastfeeding can increase nutritional intake and provide an abundance of affection which is useful for the baby's development. Exclusive breastfeeding can be given for 6 months and continued until 2 years of age to get optimal results for the baby's development.

The term early breastfeeding is a process where a baby breastfeeds within the first hour after birth. There are two techniques for early breastfeeding, namely early initiation of breastfeeding and no initiation of early breastfeeding. These two techniques are carried out on babies with normal and abnormal births, the most important thing is that the mother and baby are healthy after the
birth process. The initial sucking reflex in babies is best in the first few hours after birth and increases the length of time the baby is breastfed.

Most mothers now don't want to breastfeed their babies because they think breastfeeding makes the breast glands soft and hang down, but this assumption is not true because a woman will experience growth or age, this aging process results in changes in the breast glands, the functioning of the breast glands or even if it is not used for breastfeeding, it will definitely change over time. According to Haagenson's experience, women who breastfeed their babies are less likely to suffer from cystic disease of the breast compared to women who do not breastfeed.

The postpartum period or puerperium is the time period from when the baby is born and the placenta comes out of the uterus until the next six weeks, accompanied by the recovery of organs related to the womb that experience changes such as injuries and so on related to childbirth. Postpartum care is very good for both mother and baby because it can prevent complications that arise after delivery and provide important information to the mother about how to care for herself and her baby.

Sectio caesarea is a surgery to give birth to a child through an incision in the abdominal wall and uterus. There are many factors that cause caesarean section to be taken, namely maternal factors, fetal factors, birth canal factors, based on partography, hard labor and failure. Not only is surgery safer for the mother, but also the child or both are also safer.

Breastfeeding is the process of giving breast milk (ASI) to a baby, where the baby has a sucking reflex to get and swallow breast milk. Breastfeeding is a natural process whose success does not require special equipment or expensive costs but requires patience, time and knowledge about breastfeeding as well as support from the family environment, especially the husband. Breast milk contains nutrients, hormones, immune elements, growth factors, anti-allergic and anti-inflammatory, anti-infective substances contained in breast milk help protect babies against disease, besides that there is an important relationship between breastfeeding and pregnancy spacing (KB).

The correct breastfeeding technique is how to give breast milk to the baby with the correct attachment and position of the mother and baby. To achieve successful breastfeeding requires knowledge of correct breastfeeding techniques. Indicators of an effective breastfeeding process include the correct position of the mother and baby.

If this breast milk dam continues, the milk that has been produced accumulates in the breasts, causing the areola to become more prominent. The nipple is flatter and difficult for the baby to suck on when breastfed. If the situation is like this, the skin on the breast will appear more shiny red, feel painful and the mother will feel a fever like influenza. For post partum mothers, one way to increase knowledge is to
provide correct breastfeeding techniques for babies.

The general aim of this research is to provide nursing care to postpartum mothers with Sectio caesaria regarding the lack of knowledge about breastfeeding techniques in the RPKK Room at Koja Regional Hospital, DKI Jakarta Province.

Method

This research is a case study of nursing care for postpartum mothers with caesarean section regarding the lack of knowledge about breastfeeding techniques. The subjects used were three mothers with the same diagnosis, namely postpartum mothers with caesarean section regarding lack of knowledge of breastfeeding techniques. The place used was at the RPKK Koja Regional General Hospital, DKI Jakarta Province for 6 days.

Data collection was carried out by assessing and collecting data from the time the mother was first admitted to the hospital until she went home or the mother was treated for a minimum of 3 days at the RPKK Koja Regional Special Hospital, DKI Jakarta Province for postpartum mothers with indications for caesarean section regarding lack of knowledge of breastfeeding techniques which was carried out 4 times in 8 hours for 3 to 5 minutes.

Testing the validity of the data was obtained by collecting data from the mother, the patient's family, nurses in the room, and medical records. Data analysis was carried out when the researcher collected data using direct interview techniques with mothers, observations and data from nurses or midwives who cared for patients at the RPKK, then the data that had been processed could be processed and compared to become a discussion in this research.

Research ethics were carried out using approach techniques and building a relationship of mutual trust with patients where previously the researcher had drafted an informant consent for participants to become participants. Then the informant consent sheet will be signed by the participant who has agreed. Researchers maintain participant confidentiality by writing participant names with initials.

Results and Discussion

Nursing care starts from assessment, nursing diagnosis, intervention, implementation and nursing evaluation. RPKK is a convalescent and pregnancy recovery treatment room on the 7th floor of block B at the Koja Regional General Hospital with 11 rooms, bed capacity for 66 patients. RPKK is divided into 3 teams where teams A and B consist of patients who are treated with indications of pregnancy with normal post partum complications, and post partum caesarean section with different indications and team C with clients who experience genocology. The condition of the room is clean, the lighting is good, the situation is calm (because the visiting hours system has been regulated by the hospital so that it is more organized and orderly, only one family member is allowed to attend the patient), the
condition of a healthy baby will usually be cared for together with the mother except for babies with conditions. Sick babies are not treated together, the average number of days of care per patient is a maximum of 2 days (but looking at the patient's condition).

### 1. Assessment

The assessment process carried out on three postpartum mothers with caesarean section revealed complaints that the mothers were currently experiencing, pain in post-operative wounds, lack of knowledge about breastfeeding techniques and activity intolerance. Data from the assessment of the process of reducing pain using the caesarean section concept shows that pain will decrease on the 4th and 7th post-operative days. There are two techniques for early breastfeeding, namely early initiation of breastfeeding and no initiation of early breastfeeding. Both techniques are carried out on babies with normal and abnormal births. The most important thing is that the mother and baby are healthy after the birth process. The best initial sucking reflex in babies is in the first few hours after birth and increases the length of time the baby is breastfed. Meanwhile, with activity intolerance, according to the concept of caesarean section, the mother will carry out activities freely on the 4th and 7th post-operative days.

During the assessment, there were supporting factors that could make it easier for the researcher to conduct the assessment on the mother, namely the availability of an assessment format, the establishment of effective communication, the establishment of good relationships between nurses, patients and families, and also the equipment facilities in the hospital were also supportive or adequate. Meanwhile, the inhibiting factor when carrying out the assessment was the mother’s lack of concentration during data collection because the mother was still weak due to pain from the caesarean section operation wound. The alternative used for inhibiting factors when conducting an assessment is by asking the mother a few questions at a time so that data regarding the mother's condition can be collected according to the available assessment format.

Meanwhile, in the case of Mrs. D, Mrs. A little breast milk (ASI) comes out, the mother said that after giving birth she didn't know how to breastfeed properly. Objective data: the mother's colostrum appears to be coming out a little, the obstetric status is P1A0, the mother's nipples look inverted, the mother's areola looks hyperpigmented, the baby doesn't seem able to suck well, the mother doesn't seem able to breastfeed with the correct technique.

In the diagnosis, the risk of changing to parenthood is related to a lack of support among those closest to them, the absence of role models and the potential for changes in family coping related to the adequacy of meeting individual needs and adaptive tasks was not found because there is no supporting data for adoptive researchers such as the absence of support. from those closest to you.

In the concept of caesarean section, only 2 diagnoses emerge, namely disturbance...
of comfort: pain related to post-operative wounds and activity intolerance related to general weakness because the data really supports researchers in making these diagnoses, namely subjective data: mother says pain after surgery, mother says pain feels like cut, mother said pain in the lower abdomen, mother said the pain scale was 6, mother said the pain was felt when doing activities and the pain seemed to come and go, mother said she was not able to carry out activities independently, mother said movement was limited and independent activities were currently being helped by the family (eating, drinking, bathing, toileting, dressing, mobility in bed, moving and ambulating). Objective data: the mother looks uncomfortable, there is a post caesarean section wound in the lower abdomen, the client's face looks grimaced in pain, the client's TTV blood pressure is 110/80mmHg, pulse 81x/minute, breathing 20x/minute, pronalges drug therapy 3x6ml, tramadol 3x150mg, keterolac 3x90ml, the mother appears to be helped when carrying out activities (eating, drinking, bathing, toileting, dressing, mobility in bed, moving and ambulating), the mother's activities appear limited.

2. Nursing Intervention

The general aim of nursing intervention between theoretical concepts and research results is in accordance but the researcher set a time of 2x20 minutes to make it easier to carry out evaluations, besides that it is also in accordance with the time for providing nursing care. In general, the research results are in accordance with the concept of the postpartum period and caesarean section where the formulation of the outcome criteria is in accordance with the SMART method (specific, measurable, aggressive, realistic, time-bound), namely specific, measurable, achievable, in accordance with theory (reality), and time limits for implementing nursing, but this is also adjusted to the mother's condition. The concept of the postpartum period or caesarean section and the research results are in accordance.

3. Implementation of nursing

When compared to the postpartum period, when compared to the implementation of nursing, there is no gap between the concept of the postpartum period and the research results. In Mrs. Meanwhile, on the second day of treatment, Mrs. This is supported by previous research which states that there is no relationship between maternal age and breastfeeding techniques. There is a relationship between parity, education, employment status, breast problems, gestational age and breastfeeding techniques and it is hoped that health workers will increase the provision of information, guidance and mentoring. , and optimal support to every breastfeeding mother, so that she can achieve breastfeeding success by breastfeeding her baby regularly and as often as possible, being able to breastfeed her baby with the correct technique.

Inhibiting factors that can cause mothers to lack knowledge about breastfeeding
techniques are lack of support from their husband or family, the mother’s mindset (stress), poor nutritional intake, correct breastfeeding techniques, and breastfeeding the baby irregularly and as often as possible.

4. Evaluation

The results of research that was found in 3 postpartum mothers with caesarean section regarding the lack of knowledge about breastfeeding techniques was that one postpartum mother was successful in breastfeeding correctly with subjective data: the mother said she understood the correct position, attachment and how to breastfeed. Objective data: the mother's desire to breastfeed her baby looks good, the mother looks like she is able to carry out breastfeeding techniques correctly, the mother looks like she is following the recommendation to breastfeed her baby regularly and as often as possible.

One postpartum mother was not successful in breastfeeding properly with subjective data: the mother said she did not understand the correct position, attachment and breastfeeding technique. Objective data: the mother's desire to breastfeed her baby still seems lacking, the mother still seems unable to carry out breastfeeding techniques correctly, the mother's breast milk (colostrum) does not appear to have come out. The supporting factor for planning nursing actions is the existence of adequate room facilities. Meanwhile, the inhibiting factors were because the mother’s day of care was too early and home care was not carried out during the research, resulting in less than optimal results obtained in the research conducted by the researchers.

Conclusion

The three nursing diagnoses found in the cases of Mrs. D, Mrs. H, Mrs. L, there were no nursing diagnoses that were not resolved. The nursing diagnosis that was resolved was a lack of knowledge about correct breastfeeding techniques. The implementation carried out in diagnosing pain disorders is assessing the client’s vital signs, assessing the characteristics, scale, duration and location of pain, teaching and recommending the use of relaxation techniques, namely deep breathing. The implementation of diagnosing physical mobility barriers is assessing the client's ability to carry out activities, teaching the client how to change positions and mobilize in stages. Implementation of infection risk diagnosis includes monitoring signs and symptoms of infection, carrying out wound care, explaining to clients the importance of wound care. Meanwhile, in the nursing evaluation of Mrs. D, Mrs. H and Mrs.

References


