

Application of Acupressure Therapy on Normal Post Partum with Nursing Problems Breastfeeding is not Effective

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ABSTRACT

Based on a survey in Indonesia, 38% of mothers stopped breastfeeding because of problems with ineffective breastfeeding. The application of acupressure therapy to normal post partum mothers with ineffective breastfeeding nursing problems in the Independent Practice Midwife of Lubuklinggau City in 2022. The purpose of this research is to find out the results of applying acupressure therapy to overcome the problem. breastfeeding is not effective in normal postpartum mothers. The research method applied by the researcher is descriptive research using a case study approach, case study is research by examining a problem through a case consisting of a single unit which means that one person or a group has problems. The subjects in this study were two postpartum maternal clients with a history of normal delivery who met the inclusion criteria. In this study, the data collection method used was to perform acupressure therapy on Normal Post Partum mothers with ineffective breastfeeding problems. In this study, for nursing interventions that were not effective, the application of Acupressure Therapy was carried out.

INTRODUCTION

Based on a survey in Indonesia, 38% of mothers stopped breastfeeding because of problems with ineffective breastfeeding (Astutik, 2014). There are many interventions carried out to overcome the problem of ineffective breastfeeding, namely breastfeeding education, breastfeeding counseling, mentoring the breastfeeding process and relaxation therapy (Pokja, 2018).

There are many methods of complementary therapy, namely acupuncture therapy, acupressure therapy, message, cupping, meditation, and hypnotherapy (Murdiyanti et al, 2019).

Acupressure therapy is a form of touch or pressure therapy that utilizes the principles of acupuncture and Chinese medicine which will stimulate certain points in the body area (Hidayat, 2019). Acupressure therapy can also affect breast milk in normal postpartum mothers.

According to the results of research by Liliana and Melania (2020) that there is an effect on postpartum mothers on increasing breast milk given acupressure and those who have not been given acupressure, after acupressure therapy has increased to 76.5%, compared to those who have not been given acupressure the occurrence of 23, 5%. It is also supported by the research of Suci Wulandari, et al. (2019) that there are differences and influences between mothers who are given acupressure therapy and those who are not given acupressure therapy.

Based on the description above, the authors are interested in conducting research on the application of acupressure therapy to normal post partum mothers with ineffective breastfeeding nursing problems in the Independent Practice Midwife of Lubuklinggau City in 2022. The purpose of this research is to find out the results of applying acupressure therapy to overcome the problem. breastfeeding is not effective in normal postpartum mothers.

THEORETICAL REVIEW

There are many methods of complementary therapy, namely acupuncture therapy, acupressure therapy, message, cupping, meditation, and hypnotherapy (Murdiyanti et al, 2019).

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METHODOLOGY

The research method applied by the researcher is descriptive research using a case study approach, case study is research by examining a problem through a case consisting of a single unit which means that one person or a group has problems (Notoatmodjo, 2015). The case study that I took was Acupressure Therapy in Normal Post Partum, acupressure therapy nursing interventions were carried out for 30 minutes where the emphasis was on the meridian point for 15 minutes as well as rest breaks and Observation of increasing breast milk.

The subjects in this study were two postpartum maternal clients with a history of normal delivery who met the inclusion criteria, while the inclusion criteria in this study were:

1. Patients who are willing to be respondents.
2. Patients who gave birth vaginally.
3. Patients who give birth to their first child or are primiparous
4. Patient has 3 days Post Partum Normal
5. Patients in the work area of the Independent Practice Midwife in Lubuklinggau City

Meanwhile, the exclusion criteria in this study are:

1. Patients experiencing labor complications (eg post partum infection)
2. Patients with breast anatomy disorders
3. Client's baby with low birth weight (LBW)

Research Instruments

In this study, the data collection method used was to perform acupressure therapy on Normal Post Partum mothers with ineffective breastfeeding problems. The steps for data collection are as follows:

1. Taking care of licensing with the Independent Practice Midwife of Lubuklinggau City and two normal postpartum mothers who were the research samples.
2. Explain the purpose, purpose and time of the research to the head of the room or the nurse in charge of the research place and ask for approval to involve the subject in the study.
3. Determine the subject according to the inclusion criteria
4. Asking the subject to sign an informed consent form as proof of consent to become a research subject.
5. Perform acupressure therapy for normal post partum mothers
6. Observation of breastfeeding is not effective after acupressure therapy
7. Perform data management
8. Presenting the results of data processing or research results in the form of tables and narratives.

Technique and Data Analysis

1. Interview is a method used for data collection in order to obtain information orally from a respondent or research target with anamnesis results containing the

identity of the patient's chief complaint, past medical history, family history of illness, and other sources.

2. Observation of a planned procedure in making a data conclusion and recording the number of certain activities related to the problem under study this method is a measurement that can be used as a real and accurate fact

3. Physical examination to determine the patient's physical condition
Documentation of the results of the diagnostic examination

Data Analysis

After processing the data and getting the results, the research data will be presented in the form of text and tables.

Clearance Ethics

Prior to conducting this research, the researcher had submitted an ethical protocol and it was approved by the Ethics Team of the Health Polytechnic of the Palembang Ministry of Health.

RESULTS

Subject I

Description of PreApplication Conditions Post Key Conditions Adequate breast milk supply Adequate breast milk supply :

1. 26 March 2022, 5ml, Acupressure Therapy, 10ml, 3 - 2 weeks
2. 27 March 2022, 10 ml, Acupressure Therapy, 15ml, 4 weeks
3. 28 March 2022, 20 ml, Acupressure Therapy, 30 ml, 5 weeks

Information :

1 = Decrease

2 = Moderately decreased

3 = Medium

4 = Moderately increased

5 = Increase

Based on the table above, it can be seen that there is adequate supply of breast milk or radiance of breast milk before Acupressure Therapy is performed on the first day of 10 cc of breast milk supply, on the second day after Acupressure Therapy, the supply of breast milk increases to 15 cc, and on the third day, the supply of breast milk increases by 30 cc. based on the results of the 3 days obtained there is an increase in the supply of breast milk or the emission of breast milk which after the application of Acupressure Therapy is 63%.

Subject II

Evaluation of Adequate Breast Milk Supply Date Condition Pre Application Condition Post Note Adequate breast milk supply Adequate breast milk supply :

1. 06 April 2022, 3 ml, Acupressure Therapy, 15 ml, 3 weeks
2. 07 April 2022, 16 ml, Acupressure Therapy, 27 ml, 4 weeks
3. 08 April 2022, 20 ml, Acupressure Therapy, 40 ml, 5 weeks

Information :

1 = Decrease

2 = Moderately decreased

3 = Medium

4 = Moderately increased

5 = Increase

After applying Acupressure Therapy for 3 x 24 hours on Mrs. S adequate milk supply or increased milk flow within 3 days. Where it can be seen from the supply of breast milk which shows an increase on the first day after acupressure therapy is 15 cc moderate, the second day increased by 30 cc, quite increased and the third day increased by 40 cc. based on the results of the 3 days obtained there is an increase in the supply of breast milk or the emission of breast milk which after the application of Acupressure Therapy is 54%.

DISCUSSIONS

In this study, for nursing interventions that were not effective, the application of Acupressure Therapy was carried out. The results obtained there are similarities in verbal and non-verbal responses shown by subjects I and II. Both subjects on average said Adequate Breast Milk Supply increased after the implementation was carried out. This is supported by the Adequate Breast Milk Supply which increased from 5 cc to 30 cc in Subject I and from 3 cc to 40 cc in subject II, in addition to non-verbal responses the client also seemed relaxed and cooperative after the application.

This is in accordance with research conducted by Imas Masinarsah, Ruswana Anwar and Maimun Sutisna, that Acupressure Therapy has an effect on maternal milk production in normal post partum patients in the Independent Practicing Midwife, Cipieng Village, Camaung District, Bandung Regency. The results of this study showed that there were 1 respondent, where 1 respondent after breastfeeding Acupressure Therapy experienced an increase where on the fourth day 18.08 ml, the fifth day 18.29 ml and the sixth day 35.13 ml. Due to the release of breast milk through suppression of the meridian points can stimulate the body's chemical neurotransmitters causing changes in the hormones prolactin and oxytocin so that it causes normalization and a balance effect to overcome the problem of ineffective breastfeeding. (Masinarsah, et al. 2019)

According to the researcher's assumption that the number of children born and nutritional factors greatly influence breastfeeding. Ineffective Normal Post

Partum mothers, child birth and nutrition consumed by mothers are important variables that affect breast milk supply.

Primipara Normal Post Partum Mothers who experience ineffective breastfeeding need to be assessed, diagnosed and treated aggressively. However, for Normal Postpartum Mothers who have given birth more than 1 time, there is already a lot of knowledge in overcoming the problem of ineffective breastfeeding. Because Primiparous Post Partum Normal Mothers have their first child/baby, they have a higher chance of experiencing this condition. Then he can experience a serious ineffective breastfeeding disorder that can result in breast pain.

Acupressure therapy is an alternative therapy that can be done independently to increase Adequate Breast Milk Supply. This technique is one of the non-pharmacological techniques used to increase Adequate Breast Milk Supply. Where Subject I before acupressure therapy, 5cc of milk supply came out, after 15-30 minutes of acupressure therapy within 3 days of milk supply.

CONCLUSIONS AND RECOMMENDATIONS

Based on the results of nursing care research on Subject I, the family of Mrs. W and Subject II, Mrs. S with Post Partum Normal researchers can draw the following conclusions:

1. Breastfeeding problems can be solved
2. Adequate breast milk supply
3. Breast milk drips increase
4. Baby's suction increases
3. Pain and swelling decrease

FURTHER STUDY

This is in accordance with research conducted by Imas Masinarsah, Ruswana Anwar and Maimun Sutisna, that Acupressure Therapy has an effect on maternal milk production in normal post partum patients in the Independent Practicing Midwife, Cipieng Village, Camaung District, Bandung Regency. The results of this study showed that there were 1 respondent, where 1 respondent after breastfeeding Acupressure Therapy experienced an increase where on the fourth day 18.08 ml, the fifth day 18.29 ml and the sixth day 35.13 ml. Due to the release of breast milk through suppression of the meridian points can stimulate the body's chemical neurotransmitters causing changes in the hormones prolactin and oxytocin so that it causes normalization and a balance effect to overcome the problem of ineffective breastfeeding.

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