

Mother Midwifery Care At Work With Asi Granting Exclusive In Pekanbaru City Maternity Hospital Cempedak

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Abstract-Exclusive breast milk is breast milk given to infants since birth for six months, without adding or replacing with other foods or beverages. Many babies do not get Exclusive Breast Milk. One of the obstacles of exclusive breastfeeding is due to the reason the mother works. Often mothers experience some conflicts between breastfeeding and outside work. The purpose of this case study is to be Able to perform Midwifery care in the Working Mom with Exclusive Breastfeeding. The method used in the implementation of this case study with the Midwifery management approach is then documented in the form of SOAP. This case study was conducted in RB Cempedak then Followed by home visit for three visits. Evaluation of Midwifery care given to Ny's patient. D age of 20years with exclusive breastfeeding problems can be resolved within 3 days. Therefore, it is expected to service providers, especially RB Cempedak in order to improve Midwifery services, especially to health service providers in exclusive breastfeeding.

Keywords : *Exclusive breastfeeding, troubled mother, Midwifery Care*

1. Introduction

Mother's Milk (ASI) is the exclusive breast milk given to babies from birth for six months, without adding or replacing with other food or drink (except drugs, vitamins, and minerals). Neonatal deaths can be prevented by breastfeeding immediately after birth. If babies start breastfeeding within one hour after birth can prevent 22% of the infants who died within the first 28 days (equivalent to approximately one million newborns each year in the world)(MoH RI, 2016).

Some women often experience a conflict between breastfeeding with work outside the home. However, over time, it turns out this can be resolved, between breastfeeding and oblige obligations in the work can run balanced by providing opportunities for working mothers to give exclusive breastfeeding to babies or express milk during working hours at the workplace. Facilities required is a special room for expressing milk and breast milk storage area (Proverawati & Rahmawati, 2010).

Exclusive breastfeeding in Indonesia is still very alarming. Based on data from the Health Profile of Riau Province, The percentage of exclusive breastfeeding in infants 0-6 months in Riau Province in 2014 amounted to 52.4%. This achievement was slightly higher than in 2011 at 45.9% to 52.4% in 2014, although it continued to increase the percentage of exclusive breastfeeding in infants have not yet reached the target of 90%. This needs to increase public education about the importance of the benefits of breastfeeding to the growth and development of infants and maternal health(Riau Provincial Health Office, 2014).

The number of female workers in Indonesia are reached 40.47 million, 25 million of whom are in the reproductive age. Therefore, it takes great care so as to allow mothers to work is no longer a reason to stop exclusive breastfeeding (MOH, 2012).

The role of health workers in breastfeeding are assured that infants acquire sufficient food from the mother's breast, helps the mother such that he was able to breastfeed her own baby, provide breastfeeding support, and teach you how to treat breast, teach mothers how memperah breast milk, teach the mother how storing breast milk, and teach the mother carapemberian breastmilk (Nugroho, 2009).

2. Case Study Method

This case study was observational descriptive method with approach Continuity of care given to Mrs D who is a nursing mother who worked in RB Cempedak of 08, 09 and May 11, 2017. The subject Ny. D Age 20 years. Primary data types. How to diagnose data collection, observation, inspection and documentation. Analysis of the data by comparing the data obtained with the existing theory.

3. Case Study Results

3.1. study I

a. Subjective Data Assessment

The first visit took place on: 08-05 2017 at: 16:00 PM in Ny home. D is located at Jl. Arifin Ahmad, Gg. Kaswari RT 01 RW 02. Assessment on subjective data showed that Ny. D aged 20 years, the Islamic religion, education past high school, mothers work as private employees. Married to Mr. A, aged 24 years, the Islamic religion, the last vocational education, work as self-employed, is located at Jl. Arifin Ahmad, Gg. Kaswari RT 01 RW 02. Mother says baby age 3 months, the mother was worried because the mother works outside the home and are unable to provide breast milk to their babies.

Mom says this is the first marriage, age at marriage of 20 years and approximately 1 year old marriage. This delivery is the first birth for the mother.

History now maternal labor on February 8, 2017 at 21:28 am, the baby was born full-term, spontaneous, female, weighing 3100 grams, and a body length of 50 cm, normal birth.

History of illness or surgery ago, the mother said he had never had surgery before. Family history of disease, the mother said the family never had a disease such as cancer, tuberculosis, heart disease, hypertension, asthma, diabetes mellitus. History of reproductive health problems, mengatakn mother never suffered from sexually transmitted diseases. Family history of planning the mother said earlier never used contraception.

b. Assessment Data Objective

The collection of objective data obtained mother's general condition is good, composmentis awareness, blood pressure: 110/70 mmHg, Nadi: 80 x / i, Breathing: 20 x / i, Temperature: 36.5 oC.

Inspection head to toe is obtained, the hair is clean because there is no dandruff and no loss, the eyes do not appear jaundice and conjunctival not look anemic, the nose there are no polyps, no neck are swollen kelenjer thyroid and jugular vein, on breast examination nipples protruding, areola hyperpigmentation, there are already spending ation and breasts looked clean, the abdominal examination TFU is not palpable, the bladder is not full. On examination of the genitalia mother, spending lochea no, vulvar varicose veins are not mothers, birth canal laceration former does not exist, and there is no mother anus haemoroid. Pada there extremity edema and varicose veins.

c. Analysis

P1A0H1 3 months postpartum with exclusive breastfeeding problems.

Problem : Mother worried because the mother works outside and not home can provide breast milk to their babies.

Needs : Memperah teach mothers to breast milk, teach the mother to keep breast milk, teach mothers how to breast-feeding dairy

d. Management

- 1) Fostering good relationships with patients
E: Good relationships have been nurtured
- 2) Explain to mothers about the benefits of breastfeeding. Breast milk contains antibodies that a baby can tehindar of diseases such as allergies, as well as breast milk may increase infant intelligence.
E: I understand the explanations that have been delivered
- 3) Tell the mother that she should give to their babies exclusively breastfed for 6 months
E: Mrs willing to give their babies exclusively breastfed for 6 months
- 4) Tell the mother that the work is not a reason to reject the mother's use of exclusive breastfeeding, citing fears of job interrupted. Exclusive breastfeeding can run smoothly but there should be a special effort and the mother should not be lazy. Mothers should set aside time for expressing milk or to breastfeed her child.

E: Mrs willing to expressing milk

- 5) Tell the mother how to prepare milk. When my mother was working mothers can prepare everything, for example a sterile bottle, refrigerator. Mom can store breast milk in the form of a lot, but we recommend the milk stored in tubes - tubes are small so nothing is left and give it a label that lists the date of the milk is milked, store breast milk in a bottle or a plastic airtight.

E: Mother preparing tools for breastmilk

- 6) Tell the mother how to keep the quality of breast milk. The mother should follow the diet with the principles of balanced nutrition and the consumption of various foods, especially dark green vegetables, which are good for smooth milk, such as leaves Katu, beans - beans, peas, corn. Reduce foods containing gas, such as broccoli because it can make the baby's stomach bloating.

E: I understand and want to eat green vegetables

- 7) Teach mothers how to express milk manually Marmet technique and expressing milk with a mechanism or tool in the following ways:
 - a. Washing hands
 - b. Put a piece of cloth that has been moistened with warm water on the breast for 2 minutes.
 - c. Breast massage using your hands or a soft towel.
 - d. Sit back and bend slightly forward. This position will facilitate mothers expressing milk and remain comfortable during the process of doing so.
 - e. Put your fingers on the mammary glands in the breast.mothers must position the hands to form the letter "C" above or below the nipple.
 - f. Press inwards towards the chest wall. The pressure should be gentle and firm, but should not feel like a squeezed her breast.
 - g. Remove the milk.Use the roll movement away from the body with the thumb and breast jemari.Tekan with movements like roll.
 - h. Collect the milk that comes out in the container.
 - i. Repeat the same process on the breast that door again.
 - j. Tell the mother how breastfeeding Dairy storage and use.

Storing breast milk:

- 1) Frozen breast milk in the freezer with a temperature -20'C proven safe for at least 3 months. Vitamins A, E, as well as B, proteins, fats, enzymes, lactose, zinc, immunoglobulins, lysozyme and lactoferrin generally remain on the frozen breast milk. Breast milk should be stored in a freezer inside to keep the temperature changes capricious when the freezer door is opened, in addition to breast milk storage container should also be sealed in order to prevent contamination.
- 2) When filling the container expressed milk should not be up to the brim, it is intended to avoid the expansion of the milk when it freezes. All containers must be labeled with a date and express the milk, stored in a container that contains between 60-100 ml of milk.
- 3) Should not mix the milk milked milk that has been cooled. if it was willing to mix it up, then the new Dairy ASI needs to be cooled first in the fridge (not freezer), in a separate container with the milk first Milch. After the temperature of breast milk in the same container cool both, will be combined. Distance dairy no more than 24 hours and storability ASI Dairy applicable based on date and time of the first milking dairy ASI. Do not combine the milk dairy that has been frozen with liquid or warm the milk dairy.
- 4) Breast milk that has been stored usually has a different smell and taste of fresh breast milk is so because the activity of lipase, an enzyme that breaks down fats into fatty acids. The breakdown of fat helps babies breast milk digestion, especially for premature infants, and not harmful, although some babies may refuse to drink it. Not recommended to heat the milk over 40'C because it will result in loss of the enzyme.

The use of breastmilk

- 1) Take breast milk that has been stored in accordance breastfeeding or breast milking time of the very first milked must first be given.

- 2) If breast milk has been stored in the refrigerator, then only need to be warmed by entering the bottle in a container of warm water containing about 15 minutes, then shake gently.
- 3) Breast milk is not recommended to be heated using a microwave or heated using a burner like stew. The way to make the content of breastmilk changes. It also can make the baby mouth and throat burned.
- 4) Get used to dispose of the remaining breast milk, the rest of the breast milk should not be given back to the infant within a different drink, and do not also keep the back in the refrigerator or in warm back. If the baby is breastfed pernahnya often leaves the warm expressed milk as needed, then the rest can you put it back in the cupboard pedingin not in the freezer.
- 5) Should give the expressed milk using a small spoon slowly.
- 6) Advise mothers to give breast milk to babies breastfed within one drink 400-450 ml, and was given 8 to 12 times in one day, with a gap of 1.5 hours and 2 hours in the afternoon and in the evening 3-hour pause.

3.2. Study II

a. Subjective Data Assessment

The second visit took place on: 09-05 2017 at: 16:00 PM in Ny home. D is located at Jl. Arifin Acmad, Gg. Kaswari RT 01 RW 02. Data gathered memperah ASI focuses on technique. Assessment on subjective data showed that Ny. D ie mother said it was a little quiet because it could be flushed ation.

b. Assessment of objective data

The data collection objektifdidapatkan mother's general condition is good, composmentis awareness, blood pressure: 110/80 mmHg, Nadi: 84 x / i, Breathing: 22 x / i, Temperature: 36.5 oC. Bottles of breast milk available 5 a bottle, the contents of 200 cc per bottle.

c. Analysis

P1A0H1 3 months postpartum with exclusive breastfeeding problems.

d. Management,

- 1) Reviewing the memperah mother in breast milk.
E: Mother already understand how dairy ASI
- 2) Reviewing the mother in the store breast milk.
E: Mother already understand how breast milk storage
- 3) Reviewing the mother how breastfeeding dairy.
E: Mother already understand how breastfeeding dairy
- 4) Advise the mother to maintain maternal nutrition by consuming foods that contain enough calories, such as bananas, dates, avocados, grapes, manga, apples
E: mother want to eat food that contains enough calories

3.3. Study III

a. Subjective Data Assessment

Postpartum visits to three held on: 11-05 2017 at: 17:30 PM in Ny home. D is located at Jl. Patrons IV, Gg. Patin. Data gathered memperah ASI focuses on technique.

Assessment on subjective data showed that Ny. D is Mother said it could be flushed ation itself.

b. Assessment of objective data

The data collection objektifdidapatkan mother's general condition is good, composmentis awareness, blood pressure: 100/70 mmHg, Nadi: 80 x / i, Breathing: 20 x / i, Temperature: 36oC. Stock ASI there are 12 bottles containing 200 ml per bottle.

c. Analysis

P1A0H1 3 months postpartum with exclusive breastfeeding problems.

b. Management

- 1) Reviewing the memperah mother in breast milk.
E: mother understood and already biased memperah ASI
- 2) Reviewing the mother in the store breast milk.
E: I understand how breast milk storage
- 3) Reviewing the mother how breastfeeding dairy.
E: mother understand breastfeeding dairy

- 4) Advise the mother to maintain maternal nutrition by consuming foods that contain enough calories.
E: I want to consume foods that contain calories.

4. Discussion

In these discussions, the author will discuss the theory and practice of midwifery care in the field at the working mother with exclusive breastfeeding in RB Cempedak:

4.1. Studies I - III

a. subjective

In this case study assessments began on May 8, 2017 At 16:00 pm. In Ny.D obtained information from the subjective data that is said to worry Ny.D can not provide exclusive breastfeeding to babies because mothers work outside the home.

This is in accordance with the opinion MOH (2012), that many babies who are not breastfed Excluded due to the reasons of working mothers. As for other related issues on exclusive breastfeeding due to several factors including the incessant marketing of formula, lack of awareness of health workers to encourage breastfeeding eksklusif, and not maximum educational activities related to breastfeeding.

The problems felt by the mother at this time is a concern if the mother began to work outside the home mom can not meet the needs of the baby to suckle. Mothers more time to be at work than sitting at home.

b. objective

In the assessment of objective data obtained test results TD = 110/70 mmHg, N = 80x / minute, S = 37,30C, R = 20x / minute.

According Yuliarti (2010), there are three important aspects for breastfeeding mothers who wish to continue to work, including the preparation of the physical, psychological preparation and sociological preparation. Exclusive breastfeeding can run smoothly but there should be a special effort and the mother should not be lazy. Mothers should set aside time for expressing milk or to breastfeed her child.

On physical examination showed no pale face and eyes are not anemic. Mother breast examination obtained symmetrical breasts, nipples protruding, no swelling, no signs of infection, the expenditure ASI, no tenderness.

c. Analysis

In this case the problem can be analyzed at the age of 20 years Ny.D P1A0H1 that the mother had problems with breastfeeding mothers worry that can not be breastfed exclusively to babies because the mother works outside the home.

Some women often experience a conflict between breastfeeding with work outside the home. However, over time, it turns out this can be resolved, between the obligations of breastfeeding and requires them to work to run balanced by providing opportunities for working mothers to give exclusive breastfeeding to babies or express milk during working hours at the workplace (Proverawati & Rahmawati 2010).

d. Management

In this case Ny.D as a working mom has a problem in breastfeeding mothers worry that can not provide exclusive breastfeeding to their babies. Management provided which provides information on the problems faced by mothers during breastfeeding. Management in accordance with this case is explained to the mother that exclusive breast milk contains antibodies that a baby can tehindar of diseases such as allergies, as well as breast milk may increase infant intelligence.

According Riksani (2012), the risk of formula feeding for infants and children - children, which increases asthma, improve allergies, reduce the development of intelligence, improve disease acute respiratory distress, increasing the infection of infant formula contaminated, increasing obesity, increases the risk side effects dangers of substances - contaminated, increasing the risk of digestive tract, increasing the risk of heart disease.

Tell the mother that she must give exclusive breastfeeding for 6 months. Work is not a reason to reject the mother's use of exclusive breastfeeding, citing fears of job interrupted. Exclusive breastfeeding can run smoothly but there should be a special effort and the mother should not be

lazy. Mothers should set aside time for expressing milk or to breastfeed her child.

Tell the mother how to prepare milk. When my mother was working mothers can prepare everything, for example a sterile bottle, refrigerator. Mom can store breast milk in the form of a lot, but we recommend the milk stored in tubes - tubes are small so nothing is left and give it a label that lists the date of the milk is milked, store breast milk in a bottle or a plastic airtight.

Tell the mother how to keep the quality of breast milk. The mother should follow the diet with the principles of balanced nutrition and the consumption of various foods, especially dark green vegetables, which are good for smooth milk, such as leaves Katu, beans - beans, peas, corn. Reduce foods containing gas, such as broccoli because it can make the baby's stomach bloating.

Teach mothers how to express milk manually Marmet technique and expressing milk with a mechanism or tool. Tell the mother how breastfeeding Dairy storage and use. Mother tells risks in infant formula feeding.

5. Conclusion

Having conducted a case study of midwifery care in postpartum mothers in the maternity hospital that is Ny.D Cempedak Pekanbaru City followed by a home visit showed that during three visits, the authors did not find the gap between theory and practice. Perceived grievances concern the mother is the mother can not breastfeed the baby because the mother works outside the home. In the examination during three visits starting from 08,09 and May 11, 2017 after the birth, and care has been given thorough information about how memperah ASI, store expressed milk, and mode of administration of breastmilk.

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