



CONTINUITY OF CARE IN MIDWIFERY FOR BREAST ENGORGEMENT IN MRS. AT MIDLIFE WANT I'S INDEPENDENT PRACTICE, BACHELOR OF MIDWIFERY, MEDAN DELI SUBDISTRICT, MEDAN CITY,

Resma Dewi¹, Ribur Sinaga² Kamelia Sinaga³, Maria Gabriela Simanjuntak⁴, Fitri
Anggraini⁵, Maisyarah⁶, Natalia Sitompul⁷

^{1,2,3,4,5,6,7} SEKOLAH TINGGI ILMU KESEHATAN MITRA HUSADA MEDAN

EMAIL : 2219401030@mitrahusada.ac.id ribursinaga@mitrahusada.ac.id
kamelia.sinaga@mitrahusada.ac.id 2319401034@mitrahusada.ac.id
2419401008@mitrahusada.ac.id 2419201665@mitrahusada.ac.id 2119001035@mitrahusada.ac.id

ABSTRACT

Swollen breasts are a common problem for breastfeeding mothers, often caused by residual breast milk that is not properly expressed. This can cause swelling and pain in the breasts, as well as shiny skin, which is often referred to as milk congestion (Gustirini, 2021). Milk stasis is caused by several factors, such as flat or inverted nipples, improper breastfeeding position, nipple blisters, and lack of breast care. This can have an impact on breastfeeding, one of which is hindering the success of exclusive breastfeeding. If milk stasis is not treated, it can lead to mastitis or abscesses (Putri & Aristina, 2023). One way to treat breast milk blockage is through breast care, specifically breast care. This aims to improve blood circulation and prevent blockages in the milk ducts, thereby facilitating milk flow. Stimulation during care can also increase prolactin and oxytocin hormones, which help the baby get breast milk. If breast milk blockage is not treated quickly, the mother may develop mastitis or even an abscess (Gustirini, 2021).

Keywords: *Breast Milk Dam, Postpartum Mother, Swollen Breasts*

Introduction

Health development is part of national development that aims to increase awareness and the ability to live healthily, so that the health status of the community can improve. This is an investment to create human resources that are socially and economically productive (Irawan, 2022).

Data from ASEAN in 2021 shows that the number of postpartum mothers recorded reached 107,654. Of this number, 95,698 mothers experienced breast milk blockage. Compared to 2015, where there were 76,543 mothers who experienced similar conditions,

there has been an increase. This increase may be due to the still low level of public awareness regarding the importance of breastfeeding (Pemiliana et al. 2023).

In North Sumatra in 2022, the prevalence of breast milk blockage in urban areas ranged from 4-12%, while in rural areas it reached 4-25%. Many breastfeeding mothers do not understand the symptoms, causes, and ways to overcome breast milk blockage. According to the 2022 Medan City Health Office profile, around 40-60% of mothers do not breastfeed their babies, indicating a low level of knowledge among postpartum mothers about breast milk blockage. In 2012, this figure was

only 20.33% (Pemiliana et al. 2023).

Breast milk blockage is caused by several factors, such as flat or inverted nipples, improper breastfeeding position, sore nipples, and poor breastfeeding care, one of which hinders the success of exclusive breastfeeding. If breast milk blockage is not treated, it will lead to mastitis or abscesses (Putri & Aristina, 2023).

Research Method

To provide comprehensive care to Mrs. A, a descriptive research method was used to describe the current phenomenon. This type of research, known as a case study, aims to observe the context of life and unclear phenomena. The author applied midwifery care using the Helen Varney SOAP method (Tersiana Andra, 2022).

This study involved one respondent, Mrs. A, aged 23 years old, G1P0A0, through interviews and filling out a midwifery care assessment form. Sampling was conducted in depth to obtain accurate results, with the respondent's consent using informed consent.

Data was collected through interviews with respondents using unstructured and structured interview guidelines, such as checklists. This process was carried out on Mrs. A from the third trimester of pregnancy, through childbirth, the postpartum period, and the newborn period, to family planning (Tersiana Andra, 2022).

This study was conducted at PMB Wanti S.Keb, Medan Deli, Medan City, focusing on one respondent, Mrs. A, aged 23 years. The author applied continuity of care midwifery management for pregnant women, childbirth, postpartum, newborns, and family planning, November 2024 - February 2025.

Data collection techniques were carried out by conducting an in-depth assessment of the respondent through direct measurement, questionnaires, and interviews (Andra Tersiana, 2022).

Data analysis was conducted through

interviews, participatory observation, field notes, and discussions, resulting in narratives or statements. This process involved careful reading and understanding to summarize important data so that it could be easily collected and accepted (Azhari, 2019).

Complaining of low breast milk production and sunken nipples, the examination results were BP 120/70 mmHg, HR 80x/I, RR 22x/I, S 36.7°C.

The researcher explained that low breast milk production on the first day postpartum is a physiological phenomenon, and the treatment for inverted nipples involves stimulating the nipples by pulling them from the inside out as frequently as possible until they protrude. The mother was also taught the correct breastfeeding technique by inserting the nipple up to the areola into the baby's mouth. However, she was monitored for 7 days and visited twice. The mother reported that her nipples had protruded slightly. She also mentioned experiencing pain, swelling, and a full sensation in her breasts. The mother stated that her baby frequently breastfed from her left breast. Based on the signs, the mother was experiencing milk stasis, characterized by swollen breasts, breast pain, and a full sensation. The milk stasis occurred in the mother's right breast because the baby frequently breastfed from the left breast.

How to overcome breast engorgement with breast care, namely by massaging the breasts in a circular motion, then stroking the breasts with the inside of your hand, then stroking the breasts with your knuckles, each done 15-20 times. Do not forget to pull the nipple from the inside out to release the milk, then compress with warm and cold water. Breast care can be assisted by family members according to the theory in the postpartum care book by Eka Puspita Sari AM. In 2021, mothers are advised to start by compressing the nipples using cotton soaked in oil for 3-4 minutes, then cleaning them with the same cotton. Next, the mother can perform traction by holding the nipple with her thumb and index finger, then rotating it inward and outward 20 times. The next step is nipple protrusion. The mother needs

to pull the nipple 20 times and stimulate it.

Help express colostrum. If the mother experiences pain, taking one tablet of paracetamol every 4-6 hours can help relieve it. After all the care steps, it is important to clean the breasts with clean water using a washcloth. As a final step, the mother can apply alternating warm and cold compresses to the breasts for about 5 minutes, then wear a comfortable bra. Through these steps, as well as maintaining cleanliness and good nutrition.

Additionally, warm compresses can also relieve pain and facilitate milk flow experienced by Mrs. A, according to the journal by Syahrin Sakinah Haslim and Siti Nurmawan Sinaga titled "The Relationship Between Warm Compress Application and Pain Intensity in Breastfeeding Mothers at Ida Hayana Batubara Clinic in 2023," which states that blocked milk ducts causes pain, fever, redness in the breast, painful or swollen lumps, and hardening of the breast, commonly referred to as milk stasis.

Discussion

This condition is usually caused by accumulated breast milk that is not expressed, resulting in blockage. Symptoms that often appear during breast milk retention include swollen breasts, hot and hard breasts, and increased body temperature in the mother. If this condition persists, it can lead to mastitis and breast abscesses. Breast milk (ASI) Secretion can be influenced by two factors, namely production and discharge. Use a warm compress, which is warm water that is then compressed onto the breast using a towel. It is not uncommon for non-medical therapies such as the above to be applied to postpartum mothers whose breast milk has not yet come out, of course, after first undergoing training with the midwife coordinator at the health center, to improve maximum service.

Breast care is performed twice a day according to the 2023 journal by Engla Rati Pratama, which states that breast care is postpartum breast care for postpartum mothers

aimed at improving blood circulation and preventing breast duct blockages, thereby facilitating breast milk production. Process

Conclusion

In conducting this case study, the author provided comprehensive midwifery care to the client from pregnancy through postpartum care. The care provided to the client included:

The researcher collected complete data from pregnancy, childbirth, postpartum, BBL, and postpartum care for Mrs. A, aged 23, at PMB Wanti S.Keb, Medan Deli District, Medan City.

The researcher has identified the problem to On the other hand, practice fields play an important role in maintaining the quality of care so that the health of mothers and babies can be well maintained.

For respondents, namely patients who receive midwifery services, comprehensive care from pregnancy to contraception is expected to increase their knowledge. Better knowledge about pregnancy, childbirth, postpartum care, newborn care, and contraception gives patients confidence and a deeper understanding of their reproductive health. This is very important to ensure that they can make the right decisions for their own health and that of their families.

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