



## CONTINUOUS MIDWIFERY CARE (*CONTINUITY OF CARE*) ON NY. W WITH MILK DAM AT THE FRISKAH NOVITA PRIMARY CLINIC MEDAN LABUHAN DISTRICT DELI SERDANG YEAR 2025

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### ABSTRACT

Breast milk dam is an increase in venous and lymphatic flow in the breast in order to prepare for lactation. This is not due to overdistension of the ducts of the lactation system of the dam due to overflowing of the lymphatic and venous dams before lactation. This study focuses on the relationship between the level of knowledge and the case of breastfeeding dams during the postpartum period. The main cause of the breast milk dam is the mother's fluid milk output and the frequency of mothers breastfeeding their children is low so that there is a narrowing of the lactive duct. This case study describes the handling of the breast milk dam in Mrs. W at the age of 32 years. The care provided is to do breast massage and provide KIE about breastfeeding on demen (once every 2 hours of breastfeeding). The purpose: of this service is to increase the mother's understanding of the prevention and handling of breast milk dams in mothers at the Pratama Friska Novita clinic. Methods: The method used in this study is education and administration of Fe tablets. The results of this study show an increase in pregnant women's knowledge about breast milk dams and how to handle them. In conclusion, provide counseling and perform breast massage actions in handling cases in this region.

**Keywords:** *Breast Milk Dam, Prevention, Breast Massage, Counseling*

### Introduction

The SDGs are intended to raise the standard of public health in order to reach optimal levels. Additionally, the government is working to enhance the well-being of women and children (Ministry of Health of the Republic of Indonesia, 2021). Reducing the maternal mortality rate (MMR) and infant mortality rate (IMR) is one of the SDGs' aims in accordance with government initiatives.

According to data from the World Health Organization (WHO), in the United States in 2015 it was recorded that 7,198 (66.87%) out of 10,764 postpartum mothers experienced breast milk dams. In 2016, the number of postpartum mothers who experienced breastfeeding dams decreased to 6,543 (66.34%) from 9,862 postpartum mothers. Meanwhile, based on data from the Association of Southeast Asian Nations



(ASEAN), the number of cases of the ASI dam

In postpartum mothers, 107,654 cases were recorded. There were 95,698 (66.87%) postpartum mothers who experienced breast milk dams, and as many as 76,543 (71.10%) cases were recorded to experience similar conditions. The highest number of cases of breastfeeding dams that year was found in Indonesia, which was 37.12% (Sulfiana et al., 2024).

The puerperium period is the period after giving birth to a baby and is also commonly called with the recovery period, meaning the state of recovery of the reproductive organs as before pregnancy. The postpartum period is the process of maternal recovery after pregnancy and childbirth that lasts for 6 weeks which is characterized by physiological changes, one of which is the production of breast milk.

According to (Sulfiana et al., 2024) Breast milk dams occur due to irregular breast milk (ASI) production, which is generally caused by low frequency of breastfeeding. In addition, this condition can be caused by a narrowing of the lactatory duct, an incomplete emptying of the breast gland, or an abnormality in the nipple that inhibits the flow of milk. This accumulation of breast milk can cause breast swelling due to increased venous and lymphatic flow, which ultimately causes pain and can be accompanied by an increase in body temperature (Manurung, 2020).

Breast swelling, otherwise known as breast dam, occurs when breast milk is not adequately expelled through the breastfeeding process. As a result, the remaining unemptied breast milk will accumulate in the lactive duct system, causing swelling of the breast tissue. The occurrence of swelling usually begins to appear on the third or fourth day after

giving birth. This accumulation of breast milk results in stagnation in the blood vessels and lymphatic system. The stagnation causes an increase in intracaudal pressure, which impacts the breast segments so that the pressure throughout the breast increases. (Herna Rinayanti Manurung, 2022) This condition makes the breasts feel full, tense, and painful. In addition, increased pressure and the inability to express breast milk optimally can lead to a decrease in breast milk production. This condition often requires special management so that the breastfeeding process runs smoothly again and so that the discomfort in the breast can be overcome immediately. (Sulfiana et al., 2024).

### Research Method

This study was carried out from November 23, 2024 to February 23, 2025. The method used in this study is an interview method through anamnesis and a study format to find out about the causes of anemia in Mrs. w, who is 32 years old, carried out continuously with the aim of identifying complications as soon as possible, so as to improve the overall welfare of mothers and babies in a long and influential period of time in the decrease in cases of complications and maternal mortality in pregnancy, childbirth, newborn, postpartum and family planning (Sunarsih & Pitriyani, 2020).

In this continuous care program, the author uses a descriptive research method, namely by using a case study or case study. This descriptive research aims to gain an understanding of a number of independent variable values without comparison or connection with other variables (Sugiyono,



2018). Medan Labuhan District, Deli Serdang Regency 2025.

## Results

Based on the results of a field survey that has been carried out by researchers at the Pratama Friska Novita Clinic, Medan Labuhan District, Deli Serdang Regency in 2024, it was recorded that pregnant women's visits reached 70 mothers who made visits, there were 40 data on visits to maternity mothers, postpartum mothers and newborns in 2024, and the results of family planning visits reached 875 people using contraceptives. Of the 40 postpartum mothers in the clinic, there were 3 mothers who experienced breast milk, one of the mothers who experienced the breast milk dam I did

continuous midwifery care (countinuity of care) which was carried out at the Friska Novita Primary Clinic (Subakti et al., 2022)

At the second visit, the mother examined the mother's breasts swollen, then the midwife did an examination here, the mother was experiencing a milk dam, then the midwife provided midwifery care to Mrs. W by doing Breascare and teaching the mother the position of breastfeeding the baby correctly and told the mother to do breascare herself 2x a day and could ask for help from her husband, family to overcome the mother's problems. Three days later, the midwife re-evaluates the mother, teaching the mother to overcome the problems faced by the mother, then three days later, the midwife re-evaluates and here the mother's breasts are no longer swollen, the baby is actively breastfeeding (Manurung et al., 2022).

## Discussion

Based on the results of interviews with NY respondents. W is 32 years old who is a housewife and Mr. D is 35 years old who is an entrepreneur. Based on subjective data, the mother said that this was her third pregnancy and had never had a miscarriage. From the results of the objective data that has been obtained, this is the third pregnancy G3P2A0 Gestation 27 weeks 1 day from the results of the interpretation date of delivery dated February 9, 2025 but Mrs. W has not felt complaints such as signs of childbirth, from the results of the mother's TTV examination within normal limits it was diagnosed with TD: 120/70 mmhg, HR: 75x/I, RR: 23x/I T: 36°C

entitled 'continuity of care management' in Mrs. W. age 32 years G3P2A0 at the Pratama Friska Novita clinic in 2025

Documentation was carried out using the S-O-A-P method.

The author hopes that students can learn and understand various aspects of midwifery services in depth, including challenges and strategies in midwifery practice. In addition, it is hoped that students will be able to master the subject matter comprehensively, implement midwifery services in accordance with midwifery professional standards, improve skills and knowledge in providing systematic and quality midwifery care to clients (Sinaga, 2022).

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## Conclusion and Suggestion

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