

CONTINUOUS MIDWIFERY CARE CONTINUITY OF CARE NY.N WITH BREAST MILK DAM AT PRATAMA TUTUN SEHATI CLINIC TANJUNG MORAWA DISTRICT DELI SERDANG REGENCY IN 2024

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ABSTRACT

One of the factors impacting the increase in MMR is the 4T risk (too young to give birth, too old to give birth, too far apart, and too many children). According to data from BKKBN, mothers with active KBA among couples of childbearing age (PUS) in 2021 amounted to 57.4% (Kemenkes RI 2022). Family planning data obtained from the health profile of the Deli Serdang district increased with injectable contraceptives 45.67%, pills 25.67% and the lowest use of contraceptives was the MOP type, which was 0.27% (Health profile of Deli Serdang district 2022). In the health data of Tanjung Morawa Subdistrict in 2021, the active family planning data according to the villages / sub-districts of Tanjung Morawa Subdistrict in 2019 were 29,939 and increased in 2020 to 30,680 active family planning acceptors with the majority of the use of family planning types in 2020 being condom family planning as many as 2,960 acceptors and the least use was MOP family planning as many as 587 family planning acceptors (Health Profile of Tanjung Morawa Subdistrict, 2021).

A Preliminary Survey was conducted at the Tutun Sehat Primary Clinic which is located in Tanjung Morawa District, Deli Serdang Regency and has conducted communication interpersonal with the Clinic Leader to conduct research on Tutun Clinic patients. From the results of the survey that has been carried out, data obtained from pregnant women who make 620 visits, 315 deliveries, 300 postpartum women with postpartum visits (KF 1) and there were 6 postpartum women who experienced breast milk dams, for the number of LBW there were 315 babies, and patients who made family planning visits were 150 people. And when the author conducted a survey from December 5, 2023 to February 11, 2024, the data obtained were 30 pregnant women, 10 deliveries, 9 postpartum mothers, 9 LBW babies and 2 family planning visits. Of the 30 pregnant women there was 1 pregnant woman who was willing to be carried out and given continuous care during the study, namely on behalf of NY.N age 26 years.

Keywords: continuity, Midwifery, breast milk dam

INTRODUCTION

The least use is MOP as many as 587 family planning acceptors (Tanjung Morawa District Health Profile, 2021).

2024 obtained data on 30 pregnant women, 10 delivery women, 9 postpartum women, 9 LBW babies and 2 family planning visits. Of the 30 pregnant women, there was 1 pregnant woman who was willing to be carried out and given continuous care during the study, namely on behalf of NY.N age 26 years.

Abnormal conditions in the breast, generally occur due to obstruction of the milk ducts or because the breasts are not completely emptied. This happens a lot to first-time mothers. Milk dams can occur because the breasts are not emptied, because the mother feels unaccustomed to breastfeeding and is afraid of nipple blisters when breastfeeding. The midwife's role in assisting and Providing lactation knowledge during this period is very much needed and of course midwives must be very patient in assisting breastfeeding mothers to continue breastfeeding their babies.

Symptoms of breast milk dam:

- Swollen, painful whole breast or localized pain.
- Redness of the whole breast or only locally.
- Hard and lumpy breasts.
- Body heat and generalized pain.

Management

- Breastfeeding is continued.

The baby is first fed on the affected breast for as long and often as possible, so that the breast is empty.

METHOD

3.1 Research Design

To find out about the causes of breast milk dam in Mrs. N at Tutun Sehati Clinic with an observation and data collection approach.

3.2 Time and Place of Research

The research was conducted at Tutun Sehati Clinic located at Jl. Ps.Baru No.KM,16.5Limau Manis, Kec.TJ.Morawa, Deli serdang Regency North Sumatra on December 5, 2023 to February 11, 2024 with implementation for approximately 2 months.

3.3 Time and Place of Research

The research was conducted at Tutun Sehati Clinic located at Jl. Ps.Baru No.KM,16.5Limau Manis, Kec.TJ.Morawa, Deli serdang Regency North Sumatra on December 5, 2023 to February 11, 2024 with implementation for approximately 2 months.

DOCUMENTATION OF MIDWIFERY CARE IN POST PARTUM

Visit 1: January 16, 2024 Time: 6 hours post partum

S (Subjective)

Mrs. N, 27 years old P2A0 said she still felt nausea in her stomach and breast milk came out but the amount was small.

O (Objective)

-KU: Good

-TTV: BP:110/80 mmHg

- HD:80x/m
- RR:18x/i T:37°C
- Tfu:2 fingers below center
- Contraction is good
- Normal bleeding A (Assessment)
Mrs.N 27 years old P2A0 Post Partum
6 hours with normal postpartum care.

P (Planning)

1. Advise the mother to always maintain personal hygiene, especially on the perineum.
 2. Advise the mother to perform early breastfeeding and continue to breastfeed her baby on demand.
 3. Advise the mother and family to pay attention to the baby's body warmth.
 4. Meet the mother's nutrition and encourage plenty of drinking
- 7Advised the mother to take adequate rest.

Visit 2: January 20, 2024

S (Subjective)

Mrs. N aged 27 years P2A0 said a little pain in the vagina and the mother said the baby

O (Objective)

- KU:Good
- RR : 18 x/i T:36.5°C
- Tfu: Not palpable
- Contraction is good

A (Assessment)

Mrs.N 27 years old P2A0 Post Partum 4 days with normal postpartum care.

P (Planning)

1. Advise the mother to consume nutritious food.
2. Advise the mother to continue

breastfeeding her baby exclusively until the baby is 6 months old without additional food.

3. Advise the mother to confirm with a health worker when there is a complaint.

Visit 3: February 11, 2024

S (Subjective)

Mrs. N, 27 years old P2A0 said that she was healthy and breast milk had been released and had breastfed her baby, normal bleeding and no bleeding, smelling. and breast milk is getting smoother and the mother can do her usual activities.

O (Objective)

- KU:Good
-RR : 19x/i T:36.8°C
- Tfu: Not palpable
- Contraction is good

A (Assessment)

Mrs.N 27 years old P2A0 Post Partum 3 weeks 5 days with normal postpartum care.

P (Planning)

1. Tell the mother and family the results of the examination performed.
2. Ask the mother if she experienced any complications during the postpartum period.
3. Counsel the mother about family planning by explaining all types of family planning and its benefits.
4. Ask the mother which family planning method to choose.
5. Advise the mother to continue breastfeeding her baby exclusively until the baby is 6 months old
6. Advise the mother to drink a lot and consume nutritious food.

CONCLUSION

In the puerperium or post partum period in Mrs.N, there were no problems such as birth canal wounds, bleeding and poor contractions. The results of the assessment carried out by the mother's general condition are good and contractions are good so that the diagnosis can be determined.

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