

## **CONTUINITY OF CARE (COC) MIDWIFERY CARE IN NY.M WITH BLOCKED DUCTS AT PMB AZRI YANI KEC. DELI TUA, KAB. DELI SERDANG IN 2024**

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### **ABSTRACT**

The depiction of welfare in society is an indicator in carrying out interventions in the development of maternal and child health in a country where the number of maternal mortality rates (IMR) and infant mortality rates (IMR) are a goal and Sustainable Development Goals (SDGs) with the target of reducing maternal and child mortality rates in 2030 by achieving the number of live births and children/infants (IMR) who achieve a healthy life (SDGS-2017). The results obtained from the Preliminary Survey at the Niar Clinic in Medan Amplas District in 2022. The author earlier asked for permission to conduct a study at PMB Azri Yani, a writing to get the number of pregnant women in making ANC visits totaling 50 people, INC as many as 12 people, Postpartum as many as 12 people, BBL as many as 12 and KB as many as 8 people, and among the 50 pregnant women, 1 pregnant woman who had experienced anemia in pregnancy and a mother who felt dizzy, blurred vision, during this pregnancy, the mother said that it was her first time visiting a health facility because the home address and health facilities were very far away and no one took her to make a visit and did not fulfill the recommendations in fulfilling the ANC examination. The application in 2022 entitled the factors causing pregnant women who make or influence in making repeat visits (ANC) in the Medan Deli Tua Health Center area.

***Keyword: pregnancy, childbirth, postpartum, newborn, family planning***

## INTRODUCTION

Instructions for improving the quality of services which are the standards for antenatal care (ANC) services for the formation of community and the quality of service is increasing by complying with the Antenatal Care Service Standards which amount to 10 T. The labor process consists of the first to second stages where the cervical opening is complete (10 cm) which leads to a healthy birth where in the second stage there are signs or symptoms such as the urge to push, pressure on the anus, the perineum protrudes, and the vulva opens, continuing to the third stage where the entire placenta is born complete by checking the completeness of the placenta using sterile gauze, then in the fourth stage, namely in the monitoring word where up to the first two hours, namely postpartum, in this labor there are three phases, namely the first calm period by doing a back massage by the husband, the second phase of active pushing and the third phase perineal. Postpartum health services must be carried out at least four times during the visit, namely the first six hours to two days after that the second visit is carried out on the third to seventh day, then the third visit is carried out on the twenty-ninth day after the second visit until the twenty-eighth day, then the fourth visit from the twenty-ninth day after the third visit until the forty-second day after delivery (Minister of Health Decree 2021). Health and Risk with efforts to improve health, namely death Neonatal period 10-8 days against health problems by conducting early detection by conducting neonatal visits at least three times where the first visit is six hours to forty-eight hours, the second visit starts on the third to seventh day from the first visit, then on the third visit, namely the eighth to twenty-eighth day after the newborn. Family planning (KB) is carried out using several

contraceptives such as condoms, birth control pills, birth control implants with a usage limit of 3 years, IUDs or intrauterine contraceptives in the shape of the letter T with a usage limit of 10 years which aim to delay pregnancy or space out quality pregnancies in support of reducing maternal mortality rates by regulating the time span of the number of births and the period of delivery (Minister of Health Decree 2020). Based on the background above, the author provides Continuous Care (COC) starting from Pregnancy, Childbirth, Postpartum, Newborns or Neonates to Family Planning (KB). So that the complications that occurred in Mrs. M, aged 25 years, can be resolved quickly and with monitoring so that she can receive care.

## METHOD

### 3.1 Research Design

The type of research used in providing comprehensive care to Mrs. M is the descriptive method by investigating a situation or condition as it is. The case study used is a case study by conducting research to resolve problems or events that have occurred. data collection in the form of 7 steps by Helen Varney and SOAP.

### 3.2 Time and Place of Research

In this research, it begins by submitting a title until the results of the on going research begin, namely from 20 October 2023 to 15 January 2024.

### 3.3 Data collection techniques and tools

#### 1. Primary data

##### A. Interview (Data Review)

An interview is an effort to obtain information through a direct question and answer session between the interviewer and the respondent. Interviews are usually used to collect information if you want to conduct a preliminary survey to see if there are problems and find out more deeply. (Wawan and Agustini, 2021)

The data collection technique is to examine the patient's alloanamnesa and autoanamnesa.

B. Midwifery Care Management Using Helen Varney's 7 step method and SOAP.

2. Secondary Data

Secondary data is data obtained from the results of documentation written (Hardani, et al 2020) in the form of registration books, KIA books, data on postpartum mothers and so on, what is used is direct data from respondents and the results of documentation at PMB Azri Yani.

## RESULTS AND DISCUSSION

Date: December 09, 2023 Time: 01.15

S Mother said that breast milk production is not smooth

O Examination was carried out and the results of TTV were obtained BP: 120/80 mmHg, HR: 82x/i, RR: 20 x/i, T: 36.8 c, TFU: 2 fingers below the navel, empty bladder, no lacerations of the birth canal, lockea rubra and breast milk production is not smooth, there is no edema in the breasts.

A Mrs. M Age 25 Years P2A0 6 hours postpartum with normal condition

P - inform the mother and family the results of the mother's examination are normal

- Inform the mother that the release of breast milk is not smooth is a physiological thing on the first day of postpartum

- Inform the mother about the technique of giving breast milk early to the baby

-- Provide information on performing Lactation Massage which can optimize breast milk production while breastfeeding

-- Encourage the mother to consume grains, nuts, green vegetables, and katuk leaves so that breast milk production increases.

Date: February 9, 2024 Time: 11.00 WIB

S - The mother said that her breast milk was flowing smoothly

- The mother said that her husband was doing breast care

O The examination results showed:

BP: 110/80mmHg, HR: 87x/i, RR: 20x/i, T: 36.5c, TFU: no longer palpable and there were no complications experienced by the mother and her baby

A Mrs. M Age 25 Years P2A0 Postpartum 4 weeks in good condition

P - avoiding stress

-breastfeeding her baby on demand

-Providing counseling on early Family Planning

-providing information to the mother if there are complaints felt to make a repeat visit

## CONCLUSION

1. During this pregnancy period which started from the Third Trimester, the author Mrs. M said that she experienced frequent urination at night, namely with a frequency of 8-9 times going to the toilet which disrupted her rest pattern, so she was given education about the complaints felt which were physiological in pregnant women in the third trimester.

2. During the labor period, Mrs. M had no complications in the first stage until the monitoring period for 2 hours had been carried out and there were no signs of abnormal bleeding or postpartum hemorrhage.

3. During postpartum care, Mrs. M experienced irregular breast milk caused by stress factors in the mother because the mother was taking care of her two children alone and the lack of rest patterns in the mother, so she was given care to avoid excessive stress, carry out breast care with oxytocin massage, encourage her husband to participate in helping to take care of the baby and her first child, consume vegetables that can accelerate breast milk production and encourage the mother to breastfeed on demand.

4. In BBL care, the mother said that the baby was fussy because the mother's breast milk was not smooth, the baby was born on December 9, 2023, male gender, PB 50 cm,

BB 3,300 grams

5. Care for family planning was carried out by researchers on January 15, 2024. Mrs. M chose to use contraception in the form of a natural method, namely by providing exclusive breastfeeding to suppress ovulation by breastfeeding her baby for 6 months without complementary foods.

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