

Ineffective handling of breastfeeding problems in post-partum mothers with sectio caesarea indications

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Abstract. Cesarean section is a surgical procedure performed by making an incision on the front wall of the uterus to assist in the childbirth process. One common side effect of this procedure is low breast milk production within 24-28 hours after surgery, which can negatively impact the satisfaction of both mother and baby during the breastfeeding process. This study aims to describe nursing care in addressing ineffective breastfeeding issues in mothers after cesarean delivery. The method used is a case study with a nursing care approach that includes steps of assessment, diagnosis, intervention, implementation, and evaluation. The case study subject is was one patient experiencing ineffective breastfeeding after a cesarean section at Dr. R. Goeteng Taroenadibrata Regional General Hospital. Data were collected through interviews, observations, physical examinations, and documentation of results. Strategies implemented to address this issue include comprehensive breastfeeding education, including health education about breast care, such as breast care practices. Evaluation was conducted before and after the implementation of education to assess changes in the patient. The findings of the study indicate that the implementation of well-planned breastfeeding education significantly improves the satisfaction of both mothers and infants during the breastfeeding process after cesarean delivery. The implementation of structured breastfeeding education, including breast care, is effective in addressing ineffective breastfeeding issues in mothers post-cesarean section. This study shows a significant increase in maternal and infant satisfaction during breastfeeding. Therefore, education and support for breastfeeding are crucial for achieving positive outcomes for both mothers and infants in the postpartum period.

1 Introduction

Sectio Caesarea (SC) is a widely chosen method of delivery because it is considered safer, but it has several side effects, one of which is delayed breast milk production compared to normal delivery (1). In Indonesia, the rate of SC deliveries reached 17.6% in 2021, often due to complications such as breech position, bleeding, or eclampsia (2). One common issue

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faced by mothers post-SC is ineffective breastfeeding, where the baby does not receive adequate breast milk, which can affect the baby's nutritional intake (3).

A study by Nadia (2023) conducted at RSUD dr. R. Goeteng Taroenadibrata found that out of 32 SC patients, 20 experienced ineffective breastfeeding. This issue is often caused by the mother's physical condition after surgery, where the abdominal incision hinders the breastfeeding process (4). Breastfeeding is crucial because breast milk is the primary source of nutrition for a baby's growth (5). National data shows that only 1 in 2 babies in Indonesia receive exclusive breastfeeding during the first 6 months, and many babies are introduced to complementary foods too early, before reaching 6 months of age (6).

According to research by Nurainun Elis (2021), the results showed that there was an effect of breastcare on breast milk production, because there was a significant difference between breast milk production before and after breastcare treatment. Breast care techniques such as oxytocin massage and cabbage compresses have proven effective in increasing milk production and reducing swelling in lactating mothers (7). These methods help prevent milk stasis and enhance the milk ejection reflex, critical for effective breastfeeding (8).

Efforts to address ineffective breastfeeding can be done through education and breast care techniques, which have been proven to improve breast milk production. This care helps to prevent milk stasis and enhances the milk ejection reflex. Nurses play a crucial role as educators in providing knowledge about breast care and breastfeeding, enabling mothers to be better prepared and more effective in providing breast milk to their babies (9). Lack of education and support often leads to unsuccessful breastfeeding, as observed in postpartum mothers with SC delivery (10). Educational efforts, including visual aids such as leaflets, have been shown to improve maternal understanding and confidence in breastfeeding techniques (11).

Based on these findings, the author is interested in conducting further research on nursing care for postpartum mothers with ineffective breastfeeding due to Sectio Caesarea in the Bougenvile ward at RSUD dr. R. Goeteng Taroenadibrata.

2 Method

This research uses a descriptive case study method to illustrate nursing care for a postpartum mother who has ineffective breastfeeding problems swollen breasts using breastfeeding education interventions for breast care with the aim of improving breastfeeding status, the subject of the study was Mrs. S at Dr. R. Goeteng Taroenadibrata Hospital, Purbalingga. Data collection was conducted through anamnesis, documentation, and observation over two days, from June 28 to June 29, 2024, and was presented narratively. Ethical considerations in this study are maintained through informed consent, anonymity, and confidentiality of patient information.

3 Results

The patients in this study are patients from the Dr. R. Goeteng Taroenadibrata Regional General Hospital, specifically Mrs. S.

Tabel 1. Subjective and Objective Data on Ineffective Breastfeeding

Data	Subjective
Age	Ny. S
Gender	27 years
Ethnicity	Female
Religion	Javanese
Education	Islam
occupation	Junior high school
Addres	Housewife
Chief complaint	Losari RT 2 RW. Rembang District, Purbalingga Regency
Menstrual history	HPHT: September 15, 2023
Obstetric history	Patient is P1A0 with a gestational age of 9 months and 9 days via caesarean section
Anxiety	Patient expresses anxiety because she cannot breastfeed her baby due to her milk not coming in
Breast observation	Patient's breasts are hard, the areola is prominent, the lactiferous ducts are not functioning properly and the milk does not drip.
Data	Objective
Blood pressure	116/65 mmHg
Pulse	88 beats/minute
Respiration	19 breaths/minute
Temperature	36.7
Weight	50 kg
Height	152 cm
Pain	Pain like being cut in the surgical area (pain scale 3)
Other observations	Swollen breasts, painful lactiferous ducts, and colostrum has already come out.

The assessment of Mrs. S on July 2, 2024, indicated that she was anxious because her breast milk was not flowing properly. She underwent a cesarean section on July 1, 2024. On the first day post-operation, she complained that her milk was not coming out, with observations showing the baby crying after breastfeeding, swollen breasts, and prominent areolae. The decrease in milk production was attributed to a lack of stimulation of prolactin and oxytocin hormones, medication use, and limited movement of the mother (12). Previous research indicated that 82% of mothers who had cesarean sections experience issues with milk production flow (13).

The nursing diagnosis is "ineffective breastfeeding" related to breast engorgement. The client reported anxiety due to the milk not flowing, the baby frequently crying, and swollen breasts. Stress and anxiety after childbirth can affect the production of oxytocin and milk volume, negatively impacting both maternal and infant health (14).

The nursing care plan aims for the client's breastfeeding status to improve after 2x24 hours. The main intervention is breastfeeding education to enhance the mother's knowledge and skills. Education is crucial to address the issues of unsuccessful breastfeeding, which may be caused by a lack of support and knowledge (15). In education there is breast care which is done twice a day before bathing. Implementation includes breastfeeding education and breast care (breastcare). These actions aim to facilitate milk production and maintain breast hygiene (16).

Evaluation on July 2, 2024, indicated that the breastfeeding problem was not fully resolved. However, by July 3, 2024, while milk began to flow and the baby was less fussy, the breasts remained swollen. Mothers' knowledge of correct breastfeeding techniques needs to be improved, by using educational media such as attractive leaflets to increase understanding, after the education provided, mothers become more aware of the problems they are facing (17).

4 Conclusion and suggestions

The breastfeeding issue for Ny. S has not been fully resolved. On July 2, 2024, the client reported that her breast milk was not flowing well and her breasts were swollen, with the baby often crying after feeding. However, on July 3, 2024, Ny. S reported improvement; her breast milk started to flow, and the baby's latch became better. This indicates a positive impact from the breast care intervention in enhancing breast milk production.

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