

APPLICATION OF OXYTOCIN MASSAGE IN INCREASING BREAST MILK PRODUCTION IN NY. R WITH POST SECTIO CAESAREA IN NUSA INDAH II ROOM RSUD SLEMAN YOGYAKARTA

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ABSTRACT

Background : Patients with Sectio Caesarea deliveries will feel surgical wound pain which can cause anxiety, so the patient only focuses on himself and will have difficulty breastfeeding. Breast milk is the best food for babies. According to WHO 2021, in the last 5 years only 42% of countries have given exclusive breastfeeding. In 2018-2020 the percentage of babies receiving exclusive breastfeeding in Yogyakarta is 69.62%. The average coverage of exclusive breastfeeding in Sleman Regency in 2021 was 79.26 %. Breastfeeding that is not as needed can result in dehydration of the baby, lack of calorie intake, excessive weight loss. For this reason, nurses' independent actions are needed to increase milk production, one of which is by oxytocin massage. **Objective** : To know the description of the application of oxytocin massage in increasing breast milk production in post- sectio caesarean patients in the Nusa Indah II room at Sleman Hospital, Yogyakarta. **Method** : used case study reports on 31 October 2022 – 2 November 2022 in the Nusa Indah II Room of Sleman Hospital. **Results** : the application of oxytocin massage can increase the production of breast milk (ASI) in mothers post Sectio Caesarea . **Conclusion** : Diagnose of breastfeeding is ineffective, pain, anxiety can be fully resolved with the support of the patient, the patient's husband and mother.

Keywords: oxytocin massage, post Sectio Caesarea , breastfeeding mothers

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PENERAPAN PIJAT OKSITOSIN DALAM MENINGKATKAN PRODUKSI
AIR SUSU IBU (ASI) PADA NY. R DENGAN *POST SECTIO CAESAREA* DI
RUANG NUSA INDAH II RSUD SLEMAN YOGYAKARTA

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ABSTRAK

Latar Belakang: Pasien dengan persalinan *Sectio Caesarea* akan merasakan nyeri luka operasi yang dapat menimbulkan kecemasan, sehingga pasien hanya berfokus pada dirinya sendiri dan akan mengalami kesulitan dalam menyusui. ASI adalah makanan terbaik bagi bayi. Menurut WHO 2021, dalam 5 tahun terakhir negara yang memberikan ASI eksklusif hanya 42% . Pada 2018-2020 persentase bayi menerima ASI eksklusif di Yogyakarta sebesar 69,62%. Rata-rata cakupan pemberian ASI eksklusif di Kabupaten Sleman tahun 2021 adalah 79,26%. Pemberian ASI yang tidak sesuai kebutuhan dapat mengakibatkan bayi dehidrasi, kekurangan asupan kalori, penurunan berat badan yang berlebihan. Untuk itu diperlukan tindakan mandiri perawat untuk meningkatkan produksi ASI salah satunya dengan pijat oksitosin. **Tujuan:** Diketahui Penerapan Pijat Oksitosin dalam meningkatkan Produksi Air Susu Ibu pada pasien *post Sectio Caesarea* Di Ruang Nusa Indah II RSUD Sleman Yogyakarta. **Metode:** menggunakan laporan studi kasus pada tanggal 31 Oktober 2022 – 2 November 2022 di Ruang Nusa Indah II RSUD Sleman. **Hasil:** penerapan pijat oksitosin mampu meningkatkan produksi Air Susu Ibu (ASI) pada ibu *post Sectio Caesarea*. **Kesimpulan:** Diagnosa menyusui tidak efektif, nyeri, ansietas dapat teratasi penuh dengan dukungan pasien, suami dan ibu pasien.

Kata kunci : pijat oksitosin, *post Sectio Caesarea*, ibu menyusui.

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