



Effectiveness of Application of Breast Milk in the Prevention of Sore Nipple Among Postnatal Mothers: A Quasi-experimental study

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ABSTRACT Becoming a mother is an experience which every woman cherishes, she nourishes that life with a food which has found no substitute yet despite advances in science and technology, that pristine food is called “Mother’s own milk”.

The study aimed to evaluate the effectiveness of application of breast milk in the prevention of sore nipple among postnatal mothers.

Methods: A quasi experimental study was conducted on 70 postnatal mothers, (35 in experimental group and 35 in the comparison group) who breast feeds their babies were selected conveniently. Feeding pattern was assessed by LATCH scale four times in a day followed by the application of hind milk minimum four times in a day for three or four days as per discharge day of mother. The mother was asked to rub hind milk on nipples after feeding the baby and letting it air dry in front of researcher and nipple soreness scale was used to check the sore nipple at third and fifth day or at the day of discharge. Follow up of postnatal mothers was done telephonically by using interview questionnaire on day 15th in both groups.

Results: Study findings revealed that on 3rd day, the mean nipple soreness score was higher in comparison group (1.45) than experimental group (0.10) and thus there was significant difference (t value = 3.87) in nipple soreness score.

Conclusion: Study concluded that breast milk application was effective in preventing sore nipples among postnatal mothers. Hence it can be recommended to use breast milk for the prevention of sore nipple.

Key words: Effectiveness, application of breast milk, prevention of sore nipple, postnatal mothers, hind milk.

Key Messages

- Sore nipple is main problem faced by mothers after delivery¹
- Breast milk was effective in reducing the sore nipple²
- The mean post test score (1.33 2.25) was significantly lower (t= 21.11)than the mean pre-test score (8.07 2.05).

STUDI KORELASI UMUR KEHAMILAN DENGAN KEJADIAN NYERI PUNGGUNG IBU HAMIL

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ABSTRACT

Back pain is common in pregnancy. The experience of back pain is often experienced by pregnant women about 24%-90% during pregnancy (JosPt, 2014). There are several factors that contribute to these symptoms during pregnancy including pelvic changes as well as changes in loading due to increasing gestational age (Sabino, Jennifer 2008). Puskesmas Kembaran I is a health center that runs pregnant women's classes. Based on a preliminary study conducted in the class of pregnant women in Purbadana and Kembaran villages in March 2016, of 31 pregnant women stated that 65% had back pain, which was quite disturbing to patients, often using pharmacologic treatment by taking calcium or using oil white wood. Based on the phenomenon, the authors are interested to know to know the relationship between pregnancy age and body mass index of pregnant women with low back pain in pregnant women. Problem formulation is as follows: how the correlation of gestational age with low back pain in pregnant women? The purpose of this study is to know the correlation of gestational age with lower back pain in pregnant women.

Keywords: *age of pregnancy, back pain*

PENDAHULUAN

Nyeri punggung merupakan hal yang sering terjadi dalam kehamilan. Pengalaman nyeri punggung sering dialami oleh ibu hamil sekitar 24%-90% selama kehamilan (JosPt, 2014). Ada beberapa faktor yang berkontribusi terhadap gejala ini selama kehamilan termasuk perubahan panggul serta perubahan pada pembebanan karena umur kehamilan yang semakin meningkat (Sabino, Jennifer 2008).

Seiring dengan bertambahnya usia kehamilan, postur wanita berubah karena mengkompensasi berat uterus yang sedang tumbuh menjadi postur yang hiperlordosis karena untuk mempertahankan keseimbangan tubuh. Relaksasi sakroiliaka menyebabkan berbagai tingkat nyeri punggung setelah terdapat ketegangan yang berlebihan, kelelahan dan dapat mempengaruhi aktivitas sehari hari (57%) sehingga berpengaruh terhadap kualitas hidup ibu hamil. Rasa sakit bervariasi

**HUBUNGAN ANTARA PENDAMPING PERSALINAN DENGAN KELANCARAN
PROSES PERSALINAN KALA II DI PUSKESMAS TAMBUSAI KECAMATAN
TAMBUSAI KABUPATEN ROKAN HULU**

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ABSTRACT

Maternal mortality rates (MMR) in Indonesia is the highest compared with MMR in other ASEAN countries. One reason is the lack of family roles, especially their husbands in the delivery process. Indonesia Demographic and Health Survey (IDHS) in 2007, maternal mortality rate 228 per 100,000 live births. The direct causes of maternal deaths related to pregnancy and childbirth in particular are bleeding (28 percent). While the maternal mortality rate in DIY in 2007 that is 105/100.000 live births and is targeted to be 87.5 / 100,000 live births in 2013. To determine the relationship between labor companion to the smooth process of second stage of labor in di Puskesmas Tambusai. The study deskriptif analytic. The study design was cross sectional. The number of samples is 45 samples using total sampling technique. The data collected, processed and analyzed using the statistical test Chi Square (X^2) with 95% confidence level. Complementary delivery most husbands (53,33%). Second stage of labor process most current (57,78%). There is a relationship between labor companion to the smooth process of second stage of labor in di Puskesmas Tambusai $p < 0.05$ ($p = 0.002$) with the closeness of the relationship is ($KK = 0.420$). There is a relationship between the companion labor with phase II of labor process in di Puskesmas Tambusai.

Keywords: *Complementary delivery, the second stage of labor*

PENDAHULUAN

Angka kematian ibu (AKI) di Indonesia merupakan yang tertinggi dibandingkan dengan AKI di negara- negara ASEAN lainnya. Direktur Bina Kesehatan Ibu Direktorat Jenderal Bina Kesehatan Masyarakat Kementerian Kesehatan Sri Hermiyanti mengatakan, dari Survei Demografis dan Kesehatan Indonesia (SDKI) tahun 2007, Angka Kematian Ibu 228 per 100.000 kelahiran hidup. Tahun 2008, 4.692 ibu meninggal pada masa kehamilan, persalinan, dan nifas. Penyebab langsung kematian ibu terkait kehamilan dan persalinan terutama adalah perdarahan (28 persen). Sebab lain, yaitu eklamsi (24 persen), infeksi (11 persen), partus lama (5 persen), dan abortus (5 persen) (Kompas, 2010).

Sedangkan angka kematian ibu di DIY tahun 2007 yaitu 105/100.000 kelahiran hidup dan ditargetkan menjadi 87,5/100.000 kelahiran hidup pada tahun 2013.²

Penyebab langsung kematian ibu adalah perdarahan, preeklamsi/eklamsia dan infeksi. Selain itu dari data dan informasi kesenjangan gender di Indonesia (2001) terdapat beberapa permasalahan yaitu: kesehatan reproduksi yang masih diwarnai oleh adanya kesenjangan gender terutama dalam perawatan kehamilan yang belum memadai dan penyebabnya ada 4 yaitu terlalu muda (< 20 tahun), terlalu tua (> 35 tahun), terlalu dekat jarak

Lampiran 5. Dokumentasi

