Assistant to postpartum mothers using the Home Care method on Personal Hygiene and Breast Care in Kebun Hamlet and Congaban Hamlet, Samiran Village, Proppo Subdistrict, Pamekasan Regency

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**Abstract**

Postpartum infections are one of the leading causes of maternal mortality in developing countries. Personal hygiene in postpartum mothers is very important so that they are not vulnerable to infection. This service activity has a direction to improve skills in maintaining personal hygiene and performing breast self-care in postpartum women with the target of activities being a group of postpartum women in the garden hamlet and congaban hamlet of Samiran village, Proppo sub-district, Pamekasan district. The method used is by providing assistance to postpartum women door to door about personal hygiene and breast care. The results obtained are that after home care assistance, postpartum women understand the causes, signs and symptoms and prevention of postpartum infections through good personal hygiene and proper breast care. From counseling activities on personal hygiene and breast care in postpartum mothers, it is very useful, especially for mothers who have children for the first time (primipara). The delivery of material and demonstrating breast care is very influential in improving midwifery care services for postpartum women. Counseling on personal hygiene and breast care by health workers is very useful to increase the knowledge and skills of postpartum women in performing personal hygiene and breast care independently after childbirth.

**Keywords:** infection, personal hygiene, breast care, postpartum

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1. INTRODUCTION

According to the WHO (World Health Organization) definition of maternal death is the death of a woman during pregnancy or within 42 days after the end of pregnancy by any cause, regardless of the length of pregnancy and actions taken to terminate pregnancy. The causes of this death can be divided into 2 groups, namely those directly caused by complications of pregnancy, childbirth and puerperium, and other causes such as heart disease, cancer and so on. Maternal mortality is the number of maternal deaths calculated against 1,000 or 10,000 live births, now in some countries even against 100,000 live births (Sarwono, 2011). Maternal deaths due to pregnancy, childbirth and puerperium have actually been widely discussed and discussed the causes and steps to overcome them. However, it seems that the various efforts that have been made by the government are still unable to accelerate the reduction in MMR as expected. The high mortality rate of the past half century generally has two main causes, namely the lack of knowledge about the causes and management of important complications in pregnancy, childbirth, and postpartum, and the lack of understanding and knowledge about reproductive health and the lack of good obstetric services for all pregnant women (Sarwono, 2009).

The postpartum period includes a critical transition period for mothers, babies and their families physiologically, emotionally and socially. In both developed and developing countries, the main concern for mothers and babies is too much focused on pregnancy and childbirth, while the actual situation is just the opposite, because the risk of maternal and infant morbidity and mortality is more common in the postpartum period. Postpartum hemorrhage is the main cause of 150,000 maternal deaths each year in the world, almost 4 out of 5 deaths due to postpartum hemorrhage occur within 4 hours after delivery, within 4 hours after delivery 88% of maternal deaths mostly occur (Sarwono, 2009).

In the puerperium, infections such as sepsis are one of the main causes of maternal death in developing countries. Puerperal infection is a condition that includes all inflammation of the genital organs in the puerperium. Puerperal fever is fever in the puerperium for any reason. Puerperal morbidity is an increase in body temperature to 38°C or more for 2 days in the first 10 days postpartum, except on the first day (Elisabeth, 2015). In the comparison of the percentage of symptoms of genital infections in the postpartum period in Indonesia who experienced infection with lower abdominal pain as much as 15.2%, high fever as much as 13.4%, and vaginal odor 4.5% if in other countries such as Bangladesh 19.0% experienced lower abdominal pain, 16.5% experienced high fever, 10.2% experienced vaginal odor. Egypt also has a percentage of lower abdominal pain of 21.9%, high fever of 15.5% and vaginal odor of 9.8% (Sarwono, 2009).

Based on Seftiyani's research, (2015) entitled personal hygiene in the postpartum period, it explains that pregnant women who perform personal hygiene in the postpartum period with knowledge are 54.8% and there are still many who do not know personal hygiene well. And there are still many pregnant women who respond that personal hygiene is not important and does not need to be done because it does not make good results or positive value for the mother. Therefore, the puerperium is a vulnerable period for mothers, about 60% of maternal deaths occur after childbirth and almost 50% of deaths in the puerperium occur in the first 24 hours after childbirth, and among them are caused by complications of the puerperium. Historically, postpartum hemorrhage has been the leading cause of maternal mortality, but with the increase in referral system blood supplies, infection has become more prominent as a cause of maternal mortality and morbidity. Starting from 1 hour after the birth of the placenta until 6 weeks (42 days) after that, postpartum services must be provided at that time to meet the needs of mothers and babies, which include prevention, early detection and treatment of complications and diseases that may occur.

Infections are caused by poor personal hygiene, therefore personal hygiene in the postpartum period of a mother is very important to maintain personal hygiene so as not to be vulnerable to infection. If a postpartum mother does not do personal hygiene properly, an infection will occur in the postpartum period, namely inflammation caused by the entry of germs into the genital organs (Seftiyani, 2015). Therefore, the mother's personal hygiene is very helpful to reduce the source of infection and increase the feeling of comfort in the mother. Advise the mother to maintain personal hygiene by taking a regular shower at least
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2 times a day, changing clothes and bedding and the environment where the mother lives. The mother should stay clean, fresh and smelling good. Take good care of the perineum by using antiseptic and always remember to clean the perineum from front to back. Maintain overall personal hygiene to avoid infection, both in the suture wound and skin (Elisabeth, 2015).

Efforts to prevent infection in the postpartum period must be taken as a basic step by maintaining personal hygiene, namely about maintaining personal hygiene or genital hygiene so as not to become the main entry point for bacteria, and body hygiene is also very important to prevent infection (Sarwono, 2009).

Based on the background description above, health education is needed for pregnant women not only about pregnancy and childbirth but also about postpartum preparation, one of which is related to personal hygiene in the postpartum period.

Breast care is often called breast care to maintain the breasts and increase and facilitate breast milk production (Dewi, Harapan and Ponorogo, 2017). Breast care is a way of caring for the breasts during pregnancy or the postpartum period for breast milk production, in addition to breast hygiene and the shape of the nipples that are inward or flat. Such nipples are actually not an obstacle for mothers to breastfeed well by knowing from the beginning, mothers have time to try to make the nipples easier during breastfeeding. Besides, it is also very important to pay attention to personal hygiene (Rustam, 2012). Breast care is not only done before giving birth but also after giving birth. Breast care is done twice a day while bathing and if there is a problem with breastfeeding it is also done twice a day. When a woman is pregnant, changes occur in her body that are natural, including changes in weight, changes in skin and breast changes (Switaningtyas, Harianto and W, 2017). Taking care of the breasts during the breastfeeding period is beneficial to prevent and manage the risk of possible breast problems. Of course, if the breasts are well cared for, breastfeeding moments become more enjoyable for both the mother and the baby (Mufdlilah, 2017).

2. Method

Providing assistance to postpartum women door to door about personal hygiene and breast care on June 21, 2023 at 08.00-11.00 WIB. Which is in the garden hamlet and congaban hamlet of Samiran village, Proppo district. Pamekasan with work procedures:

a. Coordinating with midwives to conduct door to door home visits to postpartum mothers who have babies aged 0-6 months.

b. Provide socialization to postpartum mothers about personal hygiene and breast care

c. Provide education to postpartum mothers to maintain personal hygiene and breast care

d. Advise the family to provide support to postpartum mothers

e. Demonstrating breast care to postpartum mothers

f. Documentation of the results of postpartum mother assistance

3. Result And Discussion

a. Results

The implementation of community service activities with the theme "PERSONAL HYGIENE AND BREAST CARE IN POST PARTUM MOTHERS" which was carried out on June 21, 2023 in two hamlets, precisely kebun hamlet and congaban hamlet, Samiran village, Proppo district, Pamekasan starting at 08.00 - 11.00 WIB. Assistance is carried out in several homes and the target is postpartum women, consisting of 5
Table 1. General Characteristics of Postpartum Women in the garden hamlet and congaban hamlet of Samiran village, Proppo district, Pamekasan.

postpartum women with various characteristics of postpartum women, namely age, number of children born (parity) and delivery process.

<table>
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2. Conclusion

Based on the research that has been done, there is an increase in knowledge between before being given health counseling and after being given health counseling which is 30.8%, so it is concluded that there is an increase in knowledge about the use of aromatherapy to reduce labor pain in Jempong Village, Sekarbeloa District, Mataram City.

5. Reference


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