Nursing Care for Post Partum Mother Using Massage BOM Therapy for The Flowness of Breast Milk at Midwife Independent Practice Wirahayu Panjang

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ABSTRACT

Breast milk is the most appropriate nutrition for newborns up to 6 months because the baby's intestines are not yet able to digest food. In addition, breast milk contains many benefits, including nutrition, hormones, immunity, growth factors, anti-allergies in infants. This study aims to determine and analyze nursing care for postpartum mothers with problems of breast milk fluency using BOM Massage therapy. This research design uses qualitative methods with a case study approach. The subjects in this study were 3 respondents of post partum mothers with the problem of breast milk that was not fluent. The intervention given is BOM Massage Therapy which is carried out 2 times a day for 2 consecutive days. The instrument used in the study was the breast milk fluency observation sheet and the standard operating procedure of BOM Massage. The results of the study were obtained from the three respondents, that there was a change from not smooth to smooth on the mother's factor, and also a change from not smooth to smooth on the baby's factor, after being given the BOM Massage intervention. The conclusion of this study is that BOM Massage is effective on breast milk fluency in post partum mothers.

Keywords : Breastmilk, Flowness, BOM Massage

INTRODUCTION

Post partum is a period where various changes occur in women after childbirth, changes that occur both physiologically, psychologically, and socio-culturally and spiritually, so that it requires adaptation to adjust to the pattern of life after childbirth and the new role of women as mothers. The postpartum period is a component in the life of a woman's reproductive cycle (Khasanah N, 2022).

Post partum mothers are required to be able to carry out self-care and care for the newborn (WHO, 2013). The infants' care should be started as early as possible by involving the family, especially the mother. Newborns require nutrients for growth and development. The best nutrition for babies is breast milk. Breast milk is the best and most appropriate nutrition for newborns until 6 months of age, because the baby's intestines cannot digest food at that time other than breastfeeding (Lyons et al., 2020).

Breast milk can reduce gastrointestinal disorders, besides containing antimicrobials, it is also fresh and sterile because it comes directly from the mother (Susilowati, 2021). The composition contained in breast milk contains many benefits, namely as nutrients, hormones, immunity, growth factors, anti-allergies, antibodies and anti-inflammatory which can prevent infections in infants (Muro-Valdez et al., 2023).

Nationally, the coverage of exclusively breastfed infants in 2020 was 66.06%. This figure has exceeded the 2020 Strategic Plan target of 40%. The highest percentage of exclusive breastfeeding coverage was in West Nusa Tenggara Province (87.33%), while the lowest percentage was in West Papua Province (33.96%) (Kemenkes RI, 2020). However, the breastfeeding coverage rate in Lampung Province in 2020 was 70.1% and specifically the distribution of exclusive breastfeeding coverage by Bandar Lampung City was 82.8% in 2022 (Profil Kesehatan Kota Bandar Lampung, 2022).

A problem that many postpartum mothers experience is the absence of breast milk on the first to third day after delivery (Scime et al., 2023). Non-remittance of breastmilk is the condition of not producing breastmilk or the lack of breastmilk production. This is due to the influence of the oxytocin hormone that is not working because of the lack of stimulation of the baby's suction that activates the work of the oxytocin hormone, the oxytocin hormone works to stimulate smooth muscles to squeeze breast milk in the alveoli, lobes and ducts that contain breast milk released through the nipple (Asih, 2017).

Newborns who should be breastfed early on will be delayed and alternatively given formula milk. Efforts to stimulate proclatin and oxytocin hormones can be done with breast care or massage, oxytocin massage, nipple cleaning, early breastfeeding and breast flushing and massage techniques (BOM Method Technique). Application of the BOM *(Breastcare, Oxytocin Massage, and Marmet Technique)* method technique, is an assisted stimulation of breast milk production and release through breatscare which means breast massage, oxytocin massage or spinal stimulation through massage, and marmet technique which means a combination of expressing breast milk and massaging the breasts (Murdiningsih & Rohaya, 2020; Triansyah et al., 2021). BOM Massage is also a combination of breast care, massage along the spine (vertebrae) to the fifth or sixth costae bone and expressing breast milk so that milk comes out smoothly and provides a sense of comfort and relaxation in post partum mothers or mothers who have experienced the process after childbirth. The use of the BOM massage method can trigger an increase in the oxytocin hormone to produce or release breast milk (breast milk). The method is done to empty breast milk, BOM Massage is an attempt to stimulate prolactin and oxytocin hormones after childbirth. This massage serves to increase the hormone oxytocin which can calm the mother, so that milk increases and fatigue levels decrease (Khasanah N, 2022).

Based on the background, the problem statement is how the fluency of breastfeeding practice in postpartum mothers before and after the BOM Massage technique at Wirahayu Midwife Independent Practice in Panjang Area.

METHOD

The design used in this research uses a qualitative method with a case study approach with the aim of providing an overview or description of the phenomenon under study from participants. The type of case study approach in research is using multiple case studies. Determination of the sample in the study using purposive sampling method. Purposive sampling is a technique for determining subjects based on certain considerations that are considered suitable for the characteristics of the respondents that have been determined. The sample was postpartum mothers who met the inclusion criteria at PMB Wirahayu Panjang Area who experienced a lack of breast milk fluency in the months of May and June 2024 as many as 3 respondents.

The research instrument used was an informed consent sheet, SOP (Standard Operating Procedure) of BOM Massage, breast milk production observation sheet from maternal factors that consist of 10 items and infant factors consist of 6 items. There are 2 answer options from maternal factors, namely, fluent: YES ≥5 answers, not fluent: YES <5 answers, and there are 2 answer options from infant factors, namely fluent: according to indicators ≥4 items, not fluent: according to indicators <4 items.

On the first day the researcher gets the participants, after getting the participants, then proceed with the initial measurement (pretest) using the observation sheet that the researcher has prepared for 24 hours, then the researcher selects participants who match the inclusion criteria, then the researcher asks the participant's willingness to be involved in the study, after the participant is willing the researcher gives the consent sheet to be signed by the participant, after that proceed with the intervention. The intervention was carried out 2 times a day for 2 consecutive days within 15 minutes, on the second day of intervention at the same time the final measurement (postest) was carried out using an observation sheet for 24 hours, on the third day the researcher took the posttest results and conducted an evaluation.

RESULTS

The results of the measurement of breast milk fluency using the breast milk production observation sheet from maternal factors and infant factors before the BOM Massage intervention can be seen in table 1 and the results after the BOM Massage intervention can be seen in table 2.

Table 1. Breast Milk Fluency From Maternal and Infant Factors Before BOM Massage Intervention (n=3)

Name	Maternal factor	Baby factor	Category
Mrs. D	2 items	4 items	Not fluent
Mrs. Z	2 items	1 items	Not fluent
Mrs. D	2 items	1 items	Not fluent

Based on table 1, the results of measuring the fluency of breast milk before being given the BOM Massage intervention which is said if the maternal factor is fluent: the answer YES ≥5, not fluent: the answer YES <5. While the baby factor is fluent: according to the indicator ≥4 items, not fluent: according to the indicator <4 items and the results obtained from the three respondents fall into the category of not fluent, namely from the maternal factor Mrs.D 2

items, Mrs.Z 2 items, Mrs.D 2 items. And from the baby factor Mrs. D 4 items, Mrs. Z 1 item, Mrs. D 1 item.

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Tabel 2. Breast Milk Fluency From Maternal and Infant Factors After BOM Massage Intervention (n=3)

Name	Maternal factor	Baby factor	Category
Mrs. D	8 items	7 items	Fluent
Mrs. Z	9 items	7 items	Fluent
Mrs. D	9 items	7 items	Fluent

Based on table 2, the results of measuring the fluency of breast milk after being given the BOM Massage intervention which is said if the maternal factor is fluent: the answer YES ≥5, not fluent: the answer YES <5. While the baby factor is fluent: according to the indicator ≥4 items, not fluent: according to the indicator <4 items and the results obtained by the respondents increased the fluency of breast milk after being given the BOM Massage technique for 2 meetings within 2 days then obtained the results of the three respondents into the fluent category, namely from the maternal factor Mrs.D 8 items, Mrs.Z 9 items, Mrs.D 9 items. And from the baby factor Mrs.D 7 items, Mrs.Z 7 items, Mrs.D 7 items.

DISCUSSION

Before the BOM Massage Technique of Maternal and Infant Factors

The results obtained in this initial measurement (pretest) through observation and breast milk production questionnaire from Mrs. D P1A0, age 24 years, last high school education, work as self-employed has pretest results before the BOM Massage technique is carried out, namely from the mother's factor, namely 2 items, the results of the baby's factor are also obtained, namely 4 items fall into the category of not fluent due to several contributing factors, namely because they are not pumped breast milk and do not eat enough vegetables.

In respondent 2 Mrs. Z P2A0, with the age of 27 years, the last education of junior high school, work as a housewife, when the pretest was obtained from the mother's factor, namely 2 items, also obtained the results of the baby's factor, namely 1 item into the category of not smooth because of nutritional factors she did not like to eat vegetables. According to Yanti (2011), things that affect breast milk production are food factors, the food consumed by breastfeeding mothers greatly affects milk production.

In respondent 3 Mrs. D P2A0, with the age of 32 years, the last education is high school, the work is not working or housewives have pretest results from maternal factors, namely 2 items, also obtained results from infant factors, namely 1 item into the category of not smooth due to several psychological factors, namely stress and fatigue. According to Yanti (2011), peace of mind and mind also produce good breast milk, so the psychological condition and mind must be calm. The psychological state of the mother who is depressed, sad and tense will reduce the volume of breast milk. From the three respondents above, it is known that some of the determinants that may cause breast milk to become non-fluent include poor maternal nutrition, lack of maternal knowledge to pump and express breast milk, and maternal psychology in breastfeeding. A study (Gross et al., 2019) have shown that infant breastfeeding is reduced due to poor maternal nutrition, so it is necessary to improve maternal nutrition to make breastfeeding smooth and effective. Lack of knowledge can also be a barrier to breastfeeding, so education is needed to increase breastfeeding in infants (Wang et al., 2020). Furthermore, from a psychological perspective, it will affect the optimality of breastfeeding and the rate of formula feeding will be higher. (Gianni et al., 2019). Thus, it is necessary to provide certain knowledge and techniques that can increase the smoothness of breast milk in infants.

After Performing BOM Massage Technique from Maternal and Infant Factors

After being given the BOM Massage technique for 2 times a day within a period of 2 consecutive days to 3 respondents, the results of breast milk production were obtained after the final measurement (posttest) from Mrs. D, namely from the mother's factor 8 items and from the baby's factor 7 items. From Mrs. Z from maternal factors 9 items and from baby factors, namely 7 items. And from Mrs. D from maternal factors, namely 9 items and from infant factors, namely 7 results from the three respondents included in the smooth category.

Based on the results of the study, it is also known that breast milk production before and after the application of BOM Massage has a significant change seen from the value of breast milk production in accordance with the predetermined indicators, namely from the indicator not fluent became fluent. The use of the BOM Massage method can trigger an increase in the oxytocin hormone to produce or secrete breast milk (Sri Wahyuningsih et al., 2022). BOM Massage is a therapy by providing massage and stimulation at certain points on the body that is useful for reducing or treating various types of diseases and pain as well as reducing tension

and fatigue (Roslianti et al., 2022). Postpartum mothers who experience fatigue after giving birth if given a massage at a certain point will feel comfortable, relaxed and not tense the feeling of fatigue will disappear (Khasanah N, 2022). By giving a combination of BOM massage therapy, it can increase breast milk production, fluent breastfeeding, and improve the mother-child psychological relationship (Triansyah et al., 2021)

CONCLUSION

After the BOM Massage technique was performed on the three respondents, the mother's breast milk production which was previously not fluent became fluent in breastfeeding the baby.

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