Case analysis of patient Mrs. U P1A0, spontaneous postpartum with inefective breastfeeding problems at PKU Hospital Muhammad Iyah Gamping

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Abstract
Postpartum period is an important period for mothers in the process of recovery and adaptation to new roles, including successful breastfeeding. One of the problems that often occurs during this period is ineffective breastfeeding, which can be caused by various factors such as delayed milk release and lack of maternal knowledge. The purpose of this case study is to determine the effect of oxytocin massage in increasing breast milk production in spontaneous postpartum patients using olive oil. This study uses a case study method of nursing care by taking 1 patient, namely Mrs. U, 27 years old and female who experienced the first day of postpartum with the problem of ineffective breastfeeding nursing at PKU Muhammadiyah Gamping Hospital. Data collection methods used were interviews, observations, pre tests, interventions, and post tests. This study was conducted on January 4 5, 2025 in the Firdaus VK Ward of PKU Muhammadiyah Gamping Hospital. The results of the case study showed that after the intervention in the form of oxytocin massage, there was an increase in breast milk production, helping mothers feel more relaxed. From the results of the case study, it can be concluded that oxytocin massage is effective in helping to increase breast milk production and breastfeeding success in postpartum mothers using olive oil.

Keywords: Ineffective Breastfeeding; Postpartum; Oxytocin Massage

1. Introduction
Labor or birth is the process in which the fetus and amniotic fluid are expelled through the birth canal, Labor can be described as a series of events that begin with regular contractions until the expulsion of the products of conception (fetus, placenta, amniotic fluid, and amniotic fluid) from the uterus to the outside world, either through the natural birth canal or other methods, with assistance or independently (Rohmawati 2024). Labor is divided into 4 stages, namely: Stage I is the phase or process of opening starting from the initial contractions that cause opening until complete opening. Stage 1 is divided into two phases, namely: the latent phase this phase starts from opening 1 to 4 and phase active from opening 5 to complete opening. Stage II Starting from full dilation until the fetus is born, the second stage normally lasts for 2 hours for primiparas and 1 hour for multiparas. The third stage begins after the baby is born until the placenta is delivered, normally lasting no more than 30 minutes. The fourth stage, which is 1 to 2 hours after the placenta is delivered, is observed for general conditions, vital signs, uterine contractions, and monitoring of vaginal discharge and bladder. The next stage of labor is the puerperium or postpartum (Candrawati 2022).

The postpartum period is the period that occurs when the baby is born, the postpartum period begins when the placenta is born and will end when the uterine organs return to their pre-pregnancy state, this period usually lasts for approximately 6 weeks or 42 days but usually the longest recovery period for women is generally 40 days (Sumiyati 2023). The most common causes of postpartum bleeding are placental retention at 19.9%, placental remains at 17.7%, uterine atony at 10.4%, uterine inversion at 6.3%, birth canal tears at 4.2%, and blood disorders at 4.2%, the most common cause of postpartum bleeding is placental retention (Sumiyati 2023).

The World Health Organization (WHO) estimates the global maternal mortality rate (MMR) at 289,000 (Qurniasih 2024). Nationally, the Maternal Mortality Rate (MMR) in Indonesia is still relatively low. High. Based on data from the 2015 Intercensal Population Survey (SUPAS), the maternal mortality rate reached 305 per 100,000 live births . The 2024 RPJMN target is to reduce it to 183 per 100,000 live births (Ministry of Health of the Republic of Indonesia) 2021). One of the contributors to AKI is a complication that occurs in the post-partum period, either due to late early detection or lack of adequate care. comprehensive.

In the Special Region of Yogyakarta (DIY) Province , the Health Service reported that efforts to reduce BATTERY and improvement quality service midwifery has become priority main. Although the number of births with complications has decreased in recent years, it is still Cases of delayed postpartum care for mothers have been found , particularly in remote and rural areas (DIY Health Office 2023). Mothers giving birth to their first child often experience problems with the flow of breast milk during breastfeeding. Another complaint among mothers is that their babies often have trouble breathing. crying or refusing to breastfeed. This condition is sometimes interpreted as meaning that the milk supply is insufficient or tastes bad, often leading mothers to decide to stop breastfeeding (Dewi 2022). The hormone oxytocin plays a crucial role in milk production. Stimulation such as sucking or massaging the mother's spine can stimulate the release of oxytocin, which in turn facilitates milk production (Rosdianto 2024).

Nursing care for spontaneous postpartum patients that can be provided involves assessing breastfeeding status. Management of breastfeeding status uses non-pharmacological methods. One of these is: One way to increase breast milk production is oxytocin massage. Oxytocin massage is a massage along both sides of the cervical spine, back, or along the spine (vertebrae) to the fifth to sixth rib bones using olive oil. This massage is performed twice daily in the morning and evening for 3-5 minutes and repeated three times to stimulate the oxytocin reflex, stimulate uterine contractions, stimulate the milk ejection reflex, and overcome bleeding. Mothers who receive oxytocin massage will feel more relaxed. This oxytocin massage is also done to stimulate the oxytocin reflex or let-down reflex. In addition, oxytocin massage is also useful for providing comfort to the mother, reducing swelling (engorgement), reducing milk blockages, stimulating the release of the hormone oxytocin, maintaining breast milk production when the mother and baby are sick, and accelerating the process of uterine involution (Sumiyati 2023).

Maternity nursing focuses on meeting the physiological and psychological needs of postpartum mothers, including supporting successful breastfeeding. One common problem faced by spontaneous postpartum mothers is ineffective breastfeeding, which can be caused by incorrect breastfeeding techniques, stress, or lack of support. Oxytocin massage is a non-pharmacological nursing intervention that can stimulate milk production through stimulation of the hormone oxytocin. The goal of maternity nursing in treating postpartum mothers with ineffective breastfeeding through oxytocin massage is to increase milk production.

Based on research conducted by Siregar et al. (2020), oxytocin massage applied to spontaneous postpartum patients has been proven effective in increasing breast milk production. Fitriana et al. (2024) explained that oxytocin massage makes a significant contribution to postpartum mothers who are breastfeeding. The comfort felt by the mother will help in the release of breast milk so that the mother will not feel pain either from the baby's suction on the breast or uterine contractions because the massage of the nape of the neck and back is able to release endorphin compounds which are calming compounds.

2. Method

This study employed a descriptive case study design using a nursing process approach for spontaneous postpartum patients. The approach employed was a nursing care approach, encompassing assessment, nursing diagnosis, planning, implementation, and evaluation for spontaneous postpartum clients. This case study was conducted on January 4-5, 2025, in the Firdaus VK Ward, PKU Muhammadiyah Gamping Hospital.

The data collection process begins with an assessment using a postnatal assessment format and physical examination. The nursing care process is carried out through data collection through interviews and observations of patients, data analysis, establishing nursing diagnoses, planning nursing interventions, and implementing nursing care according to the SDKI, SLKI, SIKI, and evidence-based standards. The implementation stage begins after 12 hours of spontaneous postpartum by conducting a BUBBLE HE examination, namely an examination of the breasts, uterus, bladder, bowel, lochia, episiotomy, Homan's sign, and emotional status. Then, pain measurements are carried out. use Numeric Rating Scale (NRS). Furthermore, done intervention massage oxytocin

using coconut oil for 20 minutes. Oxytocin massage was performed for 2 days. Documentation studies also done by checking report data, laboratory results, patient medical and nursing records, and information from health workers in the Firdaus VK Ward, PKU Muhammadiyah Gamping Hospital.

3. Results and Discussion

3.1. Results

3.1.1. Assessment

3.1.2. Diagnosis nursing

Based on the results of the assessment, a nursing diagnosis was obtained that could be established for the patient, namely ineffective breastfeeding bd Inadequate breast milk supply dd Breast milk has not come out of both breasts, soft breasts, nipples protrude when stimulated The Indonesian National Breastfeeding Association (IDHS) working group (2016) defines it as a condition where the mother and baby experience dissatisfaction or difficulty in the breastfeeding process, characterized by maternal fatigue, maternal anxiety, breast milk not dripping/flowing, the baby is unable to attach to the mother's breast properly. According to the author, in spontaneous postpartum patients with a nursing diagnosis of ineffective breastfeeding, the signs and symptoms obtained are sufficient to validate the nursing diagnosis with a minimum of 80% of the signs and symptoms appearing in the patient. Nursing diagnosis of ineffective breastfeeding bd Inadequate breast milk supply This diagnosis is prioritized because it is directly related to fulfilling the baby's basic needs, namely nutrition and hydration. Inadequate breast milk supply can cause weight loss, dehydration, hyperbilirubinemia, and growth and development disorders. This problem also has a psychological impact on the mother and can reduce the success of exclusive breastfeeding.

3.1.3. Intervention nursing

After a nursing diagnosis is established, nursing interventions are formulated. Nursing interventions or plans are a form of therapy or action carried out by nurses based on clinical knowledge and judgment aimed at achieving desired outcomes, guiding nurses in developing nursing actions, and improving the quality of nursing care (Kurniawati 2024). The nursing action plan for Mrs. U arranged with objective after done action nursing during 3x24 hours, namely Breastfeeding status improves with the following outcome criteria: Baby's attachment to the mother's breast improves; Mother's ability to position the baby improves; Breast milk droplets/flow increases. Adequate breast milk supply increases Baby's suction increases Nursing interventions carried out are breastfeeding education I.12393 which consists of Identifying readiness and ability to receive information, Supporting mothers to increase confidence in breastfeeding, Involving support systems: husband, family, health workers and the community, Providing breastfeeding counseling, Teaching postpartum breast care Eg. Oxytocin massage Nursing interventions or plans are arranged according to the theory and the patient's condition in this case. In addition, nursing interventions or plans are arranged according to one specific problem, namely ineffective breastfeeding due to inadequate breast milk supply Mrs. U.

3.1.4. Implementation and evaluation

Nursing implementation is a series of activities carried out by nurses. to help clients address health status issues to achieve better health status and achieve desired goals (Kurniawati 2024). The implementation carried out for patients is in accordance with the plan or intervention that has been prepared, namely breastfeeding education for spontaneous postpartum patients with oxytocin massage therapy using olive oil. Oxytocin massage functions to increase the hormone oxytocin which can make mothers calm and relaxed, so that breast milk can flow naturally (Fitriana et al. 2024).

Patients were given breastfeeding education with oxytocin massage using olive oil. 20-minute duration. The room is guaranteed to be comfortable and quiet during therapy and for the family. patient in terms of This is husband witness And practice return action massage oxytocin using olive oil given to patients, with the hope that The patient's family is able to perform oxytocin massage independently at home when the patient returns home.

At the first meeting, oxytocin massage therapy was given. Using olive oil on January 4, 2025, at 1:00 PM, the patient reported that her milk supply was still not flowing, was not flowing, and was soft. Oxytocin massage therapy using olive oil was then given for 20 minutes. After the procedure, the patient

reported feeling more relaxed, and her milk flow was still in the form of colostrum, producing 3 drops upon palpation. The milk flow was still not smooth.

At the second meeting on January 5th at 4:00 PM, the second oxytocin massage therapy using olive oil was administered. The massage therapy was then given for 20 minutes. After the treatment, the patient was observed for 30 minutes. Oxytocin massage: The patient said she felt relaxed after the massage, and a little breast milk came out after the breast pump (±2 tablespoons). This proves that giving oxytocin massage therapy using olive oil to spontaneous postpartum patients is proven to be effective in smoothing the flow and increasing breast milk production, as well as making mothers feel more comfortable while breastfeeding.

3.2. Discussion

Based on the results of the implementation after the oxytocin massage therapy was carried out twice, each time for 20 minutes, using olive oil as a massage medium. This oxytocin massage was given along the spine to the area around the shoulder blades, which aims to stimulate the oxytocin hormone which plays an important role in the contraction of the alveoli and the release of breast milk from the mammary glands to the milk ducts. After the administration of oxytocin massage therapy on first meeting (4 January 2025), the patient began to feel the body more relaxed Although the breast milk produced is still in the form of colostrum in small amounts, this response indicates that, although the effect on breast milk production is not yet optimal, oxytocin massage is able to provide a relaxing effect on the mother, which is a factor important in the breastfeeding process. At the second meeting (January 5, 2025), after the same intervention and 30 minutes of post-procedure observation, the patient reported a consistent feeling of relaxation, as well as an increase in milk output after breast pumping, which was approximately 2 tablespoons. This suggests that repeated stimulation through oxytocin massage can improve the let-down reflex and help gradually increase milk production.

Oxytocin massage is a non-pharmacological intervention used to stimulate breast milk production. Oxytocin massage stimulates the oxytocin reflex or let-down reflex. Oxytocin massage has the advantages of being simple, easy to perform and learn, requiring no special tools or preparation, and has many benefits, including: a feeling of relax with reduced postpartum fatigue, which will then cause the release of the hormone oxytocin and breast milk to flow quickly (Dewi 2022).

There are 6 types of oxytocin massage techniques used in this study, namely preparation of the mother, the mother is in a relaxed sitting position, bending slightly forward can be helped with an open back pillow, then prepare olive oil and rub it on the mother's back, the first step massage from the upper neck bone to the lower neck bone, the second step massage gently using the palms to rub from the shoulders to the forearms, the third step massage the back area pulling up towards the breasts, the fourth step gently rub the back from the back lower until to the top, step fifth wipe gentle from back on until back below, the sixth step is a circular massage, gently pressing on the back muscles from the upper spine to the ribs.

Massage oxytocin beneficial help Mother psychologically, calm and reduce stress, build self-confidence, help mothers have thoughts and feelings for their babies, relieve fatigue, and increase breast milk production (Mega., 2023). According to research by Indraswari, Sari, and Susanti (2021), there is an effect of providing oxytocin massage on the smooth production of breast milk in postpartum women at TPMB.R Bekasi City in 2022. In research conducted by Zhafirah and Palupi (2025). The application of massage oxytocin to mother post partum during three day consecutive with frequency two time a day And duration five minute every session, proven can increase production Breast milk in all respondents

Oxytocin massage performed on patients using olive oil which can facilitate massage while reducing friction between the skin and the skin. Dinda et al. (2024) stated that olive oil can provide several benefits for smooth To stimulate breast milk production in breastfeeding mothers, olive oil contains various essential nutrients, such as vitamin E and healthy fats, which can help maintain the health and elasticity of breast skin. This can help prevent cracks or damage to the breast skin that can interfere with smooth milk production. Breast milk, olive oil is one of the natural ingredients that has been used traditionally to increase the smooth flow of breast milk, olive oil contains various nutrients that can help stimulate breast milk production and has compounds such as phenol, tocopherol, sterol, pigment, and sgualene that can soften and supple the skin.

Spontaneous postpartum patients diagnosed with ineffective breastfeeding generally have certain characteristics that predispose them to developing breastfeeding disorders. Among the dominant characteristics are young age and primiparous status, which indicates minimal breastfeeding experience and skills (Diah, Putri, and Fikitina 2022). And parity relate significant with success breast-feed; mother who more Young and primiparous mothers are more likely to experience breastfeeding barriers due to a lack of readiness and confidence. Furthermore, mothers' low knowledge of breastfeeding techniques, the benefits of breast milk, and the appropriate frequency and duration of breastfeeding are also major factors that impair breastfeeding effectiveness (Kurniawati et al. 2021).

In this case, the patient, Mrs. U, aged 27, had just given birth for the first time and had no experience in breastfeeding, and the mother's lack of understanding could have an impact. on self-confidence, technical breastfeeding skills and emotional responses when facing challenges such as Breast milk has not come out yet. There are several factors that influence the self-confidence of primiparous mothers. in nurse baby new between other; knowledge, experience, And support social from the family. Mothers who receive sufficient social support tend to have high self-efficacy (Njakatara and Namuwali 2022).

Support husband is Supporting factors in the success of exclusive breastfeeding, husband's support is an activity that nature emotional and psychological support provided to Mother breast-feed in giving breast milk a Father have an important role in success breastfeeding mothers. The role of the father influences the feelings and mother's spirit For breast-feed And For Keep going give Which best for his son. Breastfeeding process Can hampered if connection Father And Mother No harmonious And Mother No Getting husband's support (Bangkele, D., and Soemardji 2021). Family support can also help stimulate emotional reactions in mothers, leading to greater confidence in caring for newborns, such as breastfeeding, bathing, keeping warm, stimulating growth and development, and providing complementary foods. breast milk

Oxytocin massage has been shown to be effective in stimulating breast milk production and release, while also providing a relaxing effect that reduces maternal stress. This intervention is most effective when carried out in a supportive environment, such as a calm environment and with family support. Therefore, physical interventions such as oxytocin massage need to be combined with educational and psychosocial approaches to achieve optimal results in resolving ineffective breastfeeding (Bangkele et al. 2021).

4. Conclusion

Based on the research results in this case study, it can be concluded that oxytocin massage has been proven to help smooth and increase production. Breast milk production in postpartum mothers. After two 20-minute massages using olive oil, nurses are expected to implement oxytocin massage using olive oil as a non-pharmacological nursing intervention for breastfeeding education to increase milk production. Breast milk helps mothers relax in postpartum patients. Future research is expected to be conducted with a larger sample size and different variables.

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