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## Relationship between Breastfeeding Position and Events Chafed Nipples

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### ABSTRACT

Problems during breastfeeding are caused by breastfeeding mothers' low knowledge about the breastfeeding process. The aim of the study to provide midwifery care to postpartum mothers on the 14th day by providing the correct breastfeeding position at PMB NH Bandar Lampung City. The design of educational needs about research used is descriptive with a case study approach. This case study research was conducted from April 4 2023 to April 5 2023. The subject of this research was Mrs. T Postpartum day 14. Implementation of continuing midwifery care for Mrs. T is carried out in accordance with midwifery service standards. The midwifery care provided by the researchers was the correct breastfeeding technique or the correct breastfeeding position to prevent chafed nipples. From the study it was found that postpartum mothers experience sore nipple discomfort, the authors have made a diagnosis and made a plan, Mrs. T was given management according to the mother's complaints, namely by treating chafed nipples and breastfeeding techniques properly and correctly. This is in accordance with the needs of the mother and midwifery care standards. Care is evaluated and documented in accordance with midwifery care for postpartum mothers using the SOAP method according to Varney's mindset. It is recommended for PMB to be able to prepare health education media such as leaflets, posters related to the discomfort of chafed nipples in postpartum mothers, so that patients can easily get information about complaints of sore nipples in the puerperium and how to overcome them.

Keywords: Correct Breastfeeding Position, Chafed Nipples, Postpartum Mother

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## INTRODUCTION

Mortality and morbidity in pregnant and postpartum women is a major problem in several countries. According to the WHO report (2022), the maternal mortality rate (MMR) in the world is 282,000 in Myanmar, 179,000 in North Africa and 16,000 in Southeast Asia. The Maternal Mortality Rate (MMR) in Southeast Asian countries is Indonesia 183 per 100,000 live births, the Philippines 170 per 100,000 live births, Vietnam 160 per 100,000 live births, Thailand 44 per 100,000 live births, Brunei 60 per 100,000 live births, and Malaysia 20 per 100,000 live births <sup>1</sup>.

The maternal mortality rate (MMR) worldwide according to the World Health Organization (WHO) in 2020 is 295,000 deaths with the causes of maternal death being high blood pressure during pregnancy (pre-eclampsia and eclampsia) 23.9%, bleeding 28.7%, infection postpartum 4.6%, and unsafe abortion 2.6% <sup>2</sup>.

The data above shows that one of the causes of maternal death is infection. Cases of infection can occur during pregnancy, childbirth and postpartum. One of the infections during the postpartum period originates from the mother's breasts, such as sore nipples. Sore nipples can increase maternal mortality during breastfeeding, resulting in a decrease in the frequency of breastfeeding and this can cause problems with breast dams, inflammation and mastitis which can increase the incidence of infection in postpartum <sup>3-5</sup>.

There are factors that influence breastfeeding, the most important of which is breastfeeding position. An inappropriate breastfeeding position can reduce the mother's well-being and worsen problems caused by the position during breastfeeding. It is estimated that 80-90% of mothers experience nipple trauma such as nipple pain and 58% of them experience nipple damage <sup>4</sup>.

Problems during breastfeeding are caused by breastfeeding mothers' low knowledge about the breastfeeding process. Inappropriate breastfeeding technique. Furthermore, this inappropriate technique has an impact on increasing cases of sore or sore nipples. If this case is not treated immediately, it will have an impact on the mother, namely disrupted Bounding Attachment, increased morbidity, mastitis, and causing breast abscesses. The impact of cases of sore nipples in babies is a decrease in exclusive breastfeeding coverage for babies, stunting which can reduce the level of intelligence in babies due to lack of nutrition in babies. <sup>4,6</sup>

Management to reduce pain in sore nipples is by caring for sore nipples and repairing them using good and correct breastfeeding techniques <sup>7</sup>. The results of the Indonesian Demographic and Health Survey (SDKI) according to the <sup>1</sup> show that the coverage of babies receiving exclusive breastfeeding nationally is 82.7% and in Lampung province it is 84.4%. This figure has exceeded the target of the Strategic Plan (Renstra) in several provinces in 2017, namely 44%. And based on the results of the 2020 Ministry of Health Performance report, the percentage of babies less than 6 months old receiving

exclusive breastfeeding was 66.1%. The percentage of babies aged less than 6 months who receive exclusive breastfeeding has met the target for 2021, namely 58% <sup>2</sup>

### **METHOD**

This case study aims to provide midwifery care to postpartum mothers on the 14th day by providing the correct breastfeeding position at PMB NH Bandar Lampung City. The design of educational needs regarding research used is descriptive with a case study approach. This case study research was conducted from 04 April 2023 to 05 April 2023. The subject of this research was Mrs. T Postpartum day 14. The instruments used in this research were physical examination tools and midwifery care assessment formats to document midwifery care. Data collection in this case study uses primary data through observation, direct interviews and providing care to the case subjects. Case subjects have been asked for informed consent to take part in the research.

### **RESULTS**

This case study aims to provide midwifery care to postpartum mothers on the 14th day by providing the correct breastfeeding position at PMB NH Bandar Lampung City. The design of educational needs regarding research used is descriptive with a case study approach. This case study research was conducted from 04 April 2023 to 05 April 2023. The subject of this research was Mrs. T Postpartum day 14. The instruments used in this research were physical examination tools and midwifery care assessment formats to document midwifery care. Data collection in this case study uses primary data through observation, direct interviews and providing care to the case subjects. Case subjects have been asked for informed consent to take part in the research.

Objective data assessment describes the general condition as good, composmentis awareness, TTV within normal limits, when inspecting the mother's breasts there were sore nipples on the mother's left side, when palpating the mother's breasts there was no swelling or dam of breast milk in the mother. The mother's breasts feel warm, the mother's TFU can be felt 2 fingers above the symphysis, there are no surgical wounds on the abdomen, the anogenital area is normal, the vulva has no edema or varicose veins, the mother's perineum looks like the suture wound is dry, the vaginal discharge is Lochea alba (colored). whitish yellow), complete upper and lower extremities and patellar reflexes, no edema in the mother.

Table 1. Observation Results of Midwifery Care for Mrs. T

No	Time	Data	Assessment	Planning
1	April 05, 2023	<p>S: 1. Mother says she has a lot of breast milk, still gives her baby breast milk alone without complementary foods</p> <p>2. The mother said her nipples were sore and red after she finished breastfeeding her baby.</p> <p>3. Mother said to maintain balanced nutritional food</p> <p>4. The mother said she was breastfeeding alternately</p> <p>5. Mother said that she had done the housework as usual and had not done any heavy work</p> <p>O :</p> <p>1. It was found that the mother's nipples still had sores and slight pain</p> <p>2. Mothers continue to breastfeed their babies on demand</p>	<p>Mrs. T Postpartum on the 15th day with sore nipples.</p>	<p>1. Teaching mothers good and correct breastfeeding techniques to overcome the problem of sore nipples and pain in the breast</p> <p>2. Encourage mothers if there are blisters on the mother's nipples, to compress them with warm water and eat healthy and nutritious foods.</p>
2	April 06, 2023	<p>S:</p> <p>1. The mother said that her nipples were no longer sore and she was able to assume the correct breastfeeding position.</p> <p>2. The mother said she no longer felt pain when breastfeeding her baby and there were no blisters on her nipples.</p> <p>O :</p> <p>1. It was found that there were no sores on the mother's nipples and no pain on the sores.</p> <p>2. The mother said she was able to do the correct position when breastfeeding</p> <p>3. The mother said she was breastfeeding her baby on demand. Mrs. T Postpartum day 16 with sore nipples</p>	<p>Mrs. T Postpartum day 16 with sore nipples</p>	<p>Providing motivation and teaching mothers good and correct breastfeeding techniques to overcome sore nipples and reduce pain in the mother's breasts</p>

## DISCUSSION

On the 14th day of the visit, on April 4 2023, the mother said that the stitching wound was no longer painful, the breast milk was coming out quite smoothly and the mother had sore nipples on her breasts. Based on normal examination results, the general condition was good and vital signs within normal limits, there were no abnormalities on examination of the mother.

Problems during breastfeeding are caused by breastfeeding mothers' low knowledge about the breastfeeding process and inappropriate breastfeeding techniques. This inappropriate technique has the impact of increasing cases of sore or sore nipples. If not treated immediately, it will have an impact on the mother, namely disrupted attachment attachment, increased morbidity, mastitis and causing breast abscesses. The impact of sore nipples on babies is a decrease in exclusive breastfeeding coverage for babies, stunting which can reduce the level of intelligence in babies due to lack of nutrition in babies <sup>5,7</sup> Management to reduce the pain of sore nipples is by carrying out nipple care on sore nipples and using good and correct breastfeeding techniques. Good and correct breastfeeding techniques will contribute to the success of the correct breastfeeding process, namely the nipples do not get sore, increase attachment during the breastfeeding process, the baby becomes calm, and reduces the incidence of spit up <sup>3,6</sup>.

On the 15th day of the postpartum visit, researchers monitored Mrs. good and correct according to the care that has been given, during the postpartum visit on the 16th day the researcher continued to monitor Mrs. redness can heal and the color returns to normal. Based on the results of the 14th postnatal visit, Mrs. Sore nipples for mothers can have an impact, namely disrupted attachment bonding. The impact of sore nipples on babies is reducing the coverage of exclusive breastfeeding in babies and reducing the level of intelligence in babies due to lack of nutrition in babies <sup>10 11</sup>

## CONCLUSION

Incorrect breastfeeding techniques can increase the incidence of sore nipples, breast milk dams, mastitis and breast abscesses. It is recommended that health workers increase education about good and correct breastfeeding techniques from the postpartum period. There is a need for further research regarding social support factors in providing good and correct breastfeeding technical care to postpartum mothers.

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