

## COMPLEMENTARY BACK MASSAGE CARE (OXYTOCIN MASSAGE) TO FACILITATE BREAST MILK EXTRACTION

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### ABSTRAK : PENERAPAN ASUHAN KOMPLEMENTER BACK MASSAGE (PIJAT OKSITOSIN) UNTUK MELANCARKAN PENGELUARAN ASI

Latar Belakang: Produksi ASI yang teratur adalah faktor kunci dalam proses terwujudnya pemberian ASI Eksklusif di Indonesia. Tetapi, beberapa ibu menghadapi masalah produksi ASI. Penyebab aliran ASI tidak teratur adalah karena kurangnya rangsangan. Oleh karena itu, hormon prolaktin dan oksitosin memiliki peran untuk produksi ASI yang baik dan diperlukan upaya alternatif berupa pijat oksitosin.

Tujuan: Studi kasus ini memiliki tujuan guna memberi asuhan kebidanan komplementer pada ibu Nifas dengan melakukan pijat oksitosin untuk memperlancar pengeluaran ASI di PMB "RA" Bandar Lampung.

Metode: Desain penelitian mempergunakan desain deskriptif memakai pendekatan studi kasus. Penelitian dilaksanakan tanggal 17- 24 Maret 2023. Subjek penelitian merupakan Ny. L berumur 27 tahun. Alat ukur yang dipakai adalah format pengkajian. Subyek dilakukan pemijatan 1-2 kali dalam sehari selama 1 minggu. Penelitian mempergunakan data primer. Subjek kasus sudah dimintai *informed consent* guna mengikuti penelitian.

Hasil: Hasil studi kasus ini pada hari 0-3 ASI belum banyak keluar sehingga dilakukan pijat oksitosin, kelancaran ASI terjadi setelah hari ke 3 pijat oksitosin yaitu hari ke-7 dan hari ke-10 ASI sudah banyak keluar, payudara terasa penuh dan terkadang merembes jika tidak disusui secara bergantian.

Kesimpulan: Kesimpulan penelitian bahwa penerapan asuhan komplementer back massage (pijat oksitosin) dapat meningkatkan kelancaran pengeluaran ASI.

Saran: Saran penelitian adalah perlu diterapkan asuhan komplementer yang salah satunya adalah back massage untuk mengatasi permasalahan pada masa nifas seperti kelancaran pengeluaran ASI. Hasil ini juga dapat dijadikan dasar untuk melakukan penelitian selanjutnya dengan metode yang berbeda.

Kata Kunci : ASI, masa nifas, pijat oksitosin

### ABSTRACT

Background: Regular breast milk production is a key factor in the process of achieving exclusive breastfeeding in Indonesia. However, some mothers face breast milk production problems. The cause of irregular milk flow is due to lack of stimulation. Therefore, the hormones oxytocin and prolactin play a role in good breast milk production and alternative efforts are needed in the form of oxytocin massage.

Purpose: This case study aims to provide midwifery care to postpartum women to perform oxytocin massage at PMB "RA" Bandar Lampung.

Methods: The research design uses a descriptive design with a case study approach. This research was conducted from 17-24 March 2023. The research subject was Mrs. L is 27 years old. The instrument used is the assessment format. Subjects received massage 1-2 times a day for 1 week. This research uses primary data. Case subjects have been asked for informed consent to take part in the research.

Results: The results of this case study were that on days 0-3, not much breast milk had come out, so an oxytocin massage was carried out. The flow of breast milk occurred after the 3rd day of oxytocin massage, namely day 7 and day 10. A lot of breast milk had come out, the breasts felt full and sometimes leaked if not alternately breastfed.

Conclusion: In conclusion that implementing complementary back massage (oxytocin massage) can increase the smooth flow of breast milk.

Suggestion: The research suggestion is that it is necessary to apply complementary care, one of which is back massage to overcome problems during the postpartum period such as the smooth release of breast milk. These results can also be used as a basis for conducting further research with different methods.

Keywords : Back Massage, Breastmilk, Postpartum

## INTRODUCTION

Breast milk (ASI) is a very effective intake for newborn babies because breast milk has a protective effect and can reduce the risk of illness and death for babies. (Fitria et al., 2023; suja delia & Budiarti, 2022; Wulandari et al., 2023). Exclusive breastfeeding means that babies are only given breast milk at the age of zero to six months and can only receive breast milk. It is forbidden to drink orange juice, milk, tea, honey or other solid foods such as papaya, porridge, bananas, rice or cakes. (Retni & Dkk, 2023)

WHO statistical data in 2017 obtained data proving that the rate of exclusive breastfeeding throughout the world is less than 50%. In developing countries, for example, Paraguay 29.6%, Myanmar 50.1%, Nigeria 23.3%, Mexico 30.1%, Afghanistan 43.1%. WHO has reviewed more than three thousand treatments and found that exclusive breastfeeding for six months is the recommended period for exclusive breastfeeding. This is based on scientific evidence that shows exclusive breastfeeding meets children's nutritional needs for better growth and development. (Marantika, 2023)

World Health Organization (WHO) in 2022, exclusive breastfeeding coverage in Indonesia in 2022 was recorded at only 67.96%, compared to 69.7% in 2021, to see the need for more intensive support so that this figure can increase. Only 20% of countries around the world, including Indonesia, require employers to provide paid maternity leave and provide accommodation for breastfeeding or expressing breast milk. Less than half of babies under six months of age receive exclusive breast milk. (world health organization, 2022)

Factors that cause a lack of exclusive breastfeeding including stress. Stress is one of factor that can affect breastfeeding. For example, mothers experience difficulties when starting to breastfeed such as fatigue, low milk supply, and difficulty sleeping at night. Stress can also affect the success of breastfeeding because it inhibits the release of breast milk and will then have an impact on breastfeeding. (ulfa daima & Setyaningsih, 2020)

Oxytocin massage is a solution to the problem of mothers lacking breast milk. Oxytocin

massage is massage along the spine to the 5th to 6th ribs and is an effort to stimulate the postpartum hormones, oxytocin and prolactin. This massage movement helps increase the hormone oxytocin so that it helps the mother feel safe and then breast milk can come out. (hanum farida, 2015) With this oxytocin massage, mothers can feel calm and reduce stress. Oxytocin massage is usually done twice on the first and second days after giving birth, because the amount of breast milk is still insufficient on those two days.

This massage can also reduce swelling in the breasts, reduce breast milk blockages, and maintain breast milk production. (Suriati & Yusnidar, 2022)

## RESEARCH METHODS

This case study aims to provide midwifery care to postpartum mothers by performing oxytocin massage to facilitate exclusive breastfeeding at the Independent Midwife Practice (PMB) Bandar Lampung City. The design used descriptive using a case study approach. The case study was carried out March 17 – 24 2023. The subject of this care was Mrs. L, 27 years old. The instrument used an assessment format in the form of a checklist for complementary care providing oxytocin massage to postpartum mothers.

Subjects were massaged in the back area 1-2 times a day for 1 week starting on the 3rd day of the postpartum period until the 10th day. The massage was first carried out by midwife while teaching Mrs. L so that the next massage is carried out by the husband. Observations are carried out every 3 days by making home visits or video calls. Data collection in this case study uses primary data by direct interviews, observations, and providing care to the case subjects. Case subjects have been asked for informed consent to participate in treatment.

## RESEARCH RESULTS

This care is carried out at the Independent Midwife Practice "RA", which is one of the Independent Midwife Practices in the city of Bandar Lampung. On March 17-March 24 2023, an oxytocin massage was carried out on the client Mrs. L.

Assessment of subjective data describes Mrs. L, 27 years old, gave birth on March 15 2023 at 09.00 WIB, female, weight 3,600 grams, body length 49 cm, head circumference 34 cm. His mother's name is Mrs. L, 27 years old, Lampung tribe, Muslim, D3 education, private job. His father, Mr. E 27 years old, Lampung tribe, Muslim, Bachelor's degree, private job. The mother said this was day 3 of postpartum, this was her first child. The mother said the baby was breastfeeding, the mother stated that her breast milk was not coming out much, the mother stated that the baby was breastfeeding 4-5 times a day.

Assessment of objective data describes good general condition, TTV within normal limits, composmentis consciousness, examination obtained within normal limits, pink conjunctiva not pale, mammary symmetrical right and left, nipples protruding breast milk has come out, TFU three fingers below the center, good contractions .

Based on objective and subjective assessment data, a diagnosis can be formulated "Mrs. L P1A0 Postpartum day 3 with not much breast milk coming out". The immediate need is to carry out an oxytocin massage on the mother to help produce a lot of breast milk.

The care provided is based on the interpretation of data that has been designed, namely: Explaining to the mother the results of the examination are normal; Tell how to increase breast milk, namely by breastfeeding frequently, drinking lots of fluids, nutritious food, getting enough rest; Re-teach mothers good breastfeeding techniques as well as how to sit comfortably, legs are not allowed to hang, place the baby in the correct position, hold the baby with 1 hand, place the baby's head near the crook of the elbow, the baby's bottom

is in the mother's palm, the baby's stomach is pressed against the body mother, the baby's mouth is in front of the mother's nipple, the forearm hugs the mother's body, not between the mother and the baby. The mother holds the upper hand or places it on her chest. Ears and upper arms are parallel, the baby's lips which are stimulated by the mother's nipple will open wide, then immediately bring it close to the mother's breast and the mother's nipple, put the areola in the baby's mouth, check whether the attachment is correct, chin is against the mother's breast, mouth is wide open, Most of the areola, especially the lower part, is in the baby's mouth, the baby's cheeks are not allowed to poop, the baby's lips are folded out. There are no clicks, only evidence of swallowing is heard, baby is calm, mother is not in pain; Tell the mother again to maintain personal hygiene by bathing at least twice a day, changing underwear when damp, changing sanitary napkins at least twice a day, changing clothes when dirty; Inform the mother of the danger signs of postpartum: the uterus feels soft, vaginal bleeding >500 cc or changing sanitary napkins more than twice a day, severe headache, blurred vision, fever with a temperature >38oC, foul-smelling blood discharge. If there are danger signs, go to the nearest health facility as quickly as possible; Encourage mothers to continue consuming lots of green vegetables such as spinach and katuk leaves; Doing an oxytocin massage has the effect of increasing the oxytocin hormone, namely calming the mother, helping the mother produce breast milk and increasing breast milk production; and Teaching the family (husband) how to do oxytocin massage. The results of the assessment observations can be seen in table 1.

Table 1

Observation Results of the Implementation of Complementary Back Massage (Oxytocin Massage) on the smooth release of breast milk in Mrs. L

Period	Data Review	Observation	
		Observation Results	Planning
1 <sup>st</sup> observation	Subjective data: 1. Mother stated that not much breast milk is coming out 2. The mother said that the frequency of mothers breastfeeding their children was 4-6 times per day 3. The mother said there was no	Lack of milk production	1. Do an oxytocin massage to increase breast milk production 2. Teach her husband or family to do oxytocin massage on the mother for ten to fifteen minutes, once or twice a day.

Period	Observation		
	Data Review	Observation Results	Planning
	<p>difficulty in giving breast milk to her baby</p> <p>Objective data:</p> <ol style="list-style-type: none"> <li>1. General condition is good, composmentis. TTV: BP 110/80 mmHg, R: 21 x/minute, P: 80 x/minute, T: 36.0°C.</li> <li>2. Physical examination: Breasts: Nipples protrude without blisters, breast milk output left and right smoothly, symmetrical right and left, Hyperpigmentation on mammary areola</li> </ol>		<ol style="list-style-type: none"> <li>3. Monitor the flow of breast milk</li> </ol>
2 <sup>nd</sup> observation	<p>Subjective data:</p> <ol style="list-style-type: none"> <li>1. Mother stated that she has a lot of breast milk, still gave her baby breast milk alone without complementary foods</li> <li>2. Mother said to maintain food with balanced nutrition</li> <li>3. The mother said she was breastfeeding alternately</li> </ol> <p>Objective data:</p> <ol style="list-style-type: none"> <li>1. General condition is good, composmentist. TTV: BP: 120/70 mmHg, R: 22 x/minute, P: 80 x/minute, T: 35.0°C.</li> <li>2. Physical examination: Breasts: Nipples stand out without abrasions, symmetrical right and left, smooth milk production from left to right, Hyperpigmentation on mammary areola Abdominal TFU is not palpable above the symphysis</li> </ol>	<p>A lot of breast milk has come out</p>	<ol style="list-style-type: none"> <li>1. The husband does an oxytocin massage on the mother for ten to fifteen minutes, one to two times a day</li> <li>2. Monitor the flow of breast milk</li> </ol>
3 <sup>rd</sup> Observation	<p>Subjective data:</p> <ol style="list-style-type: none"> <li>1. Mother said she has plenty of breast milk, still gives her baby breast milk alone without complementary foods</li> <li>2. The mother stated that she is able to breastfeed her baby well and is able to care for her own baby</li> </ol>	<p>There is already a lot of breast milk and seeps out more</p>	<ol style="list-style-type: none"> <li>1. Monitor the flow of breast milk</li> <li>2. Encourage mothers to alternately breastfeed their babies</li> </ol>

Period	Observation		
	Data Review	Observation Results	Planning
	Mother's objective data: 1. Composmentary, good general condition, vital signs: R 22 x/minute, BP: 110/80 mmHg, T: 36°C, P:80 x/minute. 2. Physical Examination: <ul style="list-style-type: none"> <li>• Left and right symmetrical breasts, no edema, and prominent nipples, hyperpigmentation on the mammary areola, breast milk is smooth.</li> <li>• TFU abdomen is no longer palpable, anogenital vulva, no edema or varicose veins, perineal suture wound is good/dry, no infection</li> </ul>		

## DISCUSSION

The patient said that on the 3rd day there was not much breast milk coming out, the staff did an oxytocin massage and taught Mrs. L how to do oxytocin massage at home. The application of oxytocin massage begins on March 17-24 2023, carried out by the husband and monitored via video call. The patient's husband did oxytocin massage twice a day in the morning and evening, the duration of the massage is 10-15 minutes. The hormone oxytocin will be released by stimulating the nipples by sucking on the baby's mouth or massaging the mother's spine. By massaging the mother's spine, the mother will feel relaxed, calm, increase the pain threshold and love the baby, so that the hormone oxytocin will be released and breast milk will come out quickly. (Marantika, 2023)

On the 7th day, the massage was carried out by the patient's husband and a lot of breast milk was coming out, the breasts felt full. On the 10th day, the massage was still being carried out by the patient's husband. The patient's breast milk was plentiful and smooth, sometimes leaking more than on the 7th day. Mrs. L breastfed her baby alternately on the right and left breast.

Oxytocin massage, also known as rolling massage, is a relaxation therapy that stimulates the central nervous system and the anterior posterior pituitary, which can increase breast milk production, especially for postpartum women, and provide relaxation and comfort after giving birth, carried out for two to three minutes regularly twice a day. (Andriyani, 2019)

Oxytocin massage is a massage on both sides of the spine and an effort to stimulate postnatal hormones, oxytocin and prolactin. The patient's husband or family can participate in the oxytocin massage. Oxytocin massage is done to stimulate the oxytocin reflex. Apart from that, oxytocin massage is also useful in providing comfort to the mother, reducing swelling in the breasts, facilitating breast milk supply, stimulating the release of the hormone oxytocin and maintaining breast milk production when the baby or mother is stressed or sick. (Selistyaningtyas1 & Pawestri1, 2021)

Oxytocin massage is useful in increasing oxytocin which can help mothers relax themselves so that breast milk flows naturally and is an effective therapy in reducing physical discomfort and can also stabilize mood. It is hoped that by doing this massage the mother will be more relaxed or not feel tired after giving birth. If the mother feels relaxed, comfortable, not tired, this can stimulate the release of the hormone oxytocin and then breast milk will come out quickly. (Julizar1 & Fonna, 2022)

Another benefit of this massage is that it can facilitate healing of placental implantation scars, anticipate postpartum bleeding, accelerate uterine involution, increase breast milk production and increase comfort for mothers who are breastfeeding. (Lestari et al., 2022; Riffa & Musfirowati, 2021) So it is recommended to do a back massage (oxytocin massage) as an alternative way to help stimulate breast milk in postpartum mothers, which is done from the first day

postpartum. (Farida et al., 2021; Kushwah, 2021; Lestari et al., 2022; ulfa daima & Setyaningsih, 2020; Widiastuti & Widiani, 2020).

## CONCLUSION

Applying complementary back massage (oxytocin massage) can facilitate the release of breast milk.

## SUGGESTION

The results of this case study can be used as knowledge material for one method that can be used to deal with problems during the postpartum period, namely the smooth flow of breast milk. These results can also be used as a basis for conducting further research.

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