

IMPLEMENTATION OF INTERPROFESSIONAL- COLABORATION (IPC) IN THE COMMUNITY HEALTH CENTER REGARDING EXCLUSIVE BREASTFEEDING ON MOTHERS' KNOWLEDGE, ATTITUDES AND EXCLUSIVE BREASTFEEDING ACHIEVEMENTS

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ABSTRAK : HUBUNGAN PENERAPAN INTERPROFESIONAL COLABORATION (IPC) DI PUSKESMAS DENGAN PENGETAHUAN, SIKAP IBU MENYUSUI DAN CAPAIAN ASI EKLUSIF

Pemberian ASI eksklusif dan menyusui selama minimal 2 tahun membutuhkan pengetahuan dan sikap yang positif bagi ibu. Puskesmas sebagai bagian dari pemerintah berkewajiban untuk meningkatkan capaian ASI melalui salah satunya kegiatan kelas ibu. Kelas ibu dapat dimanfaatkan untuk menerapkan interprofesional kolaborasi (IPC) antara bidan, petugas imunisasi dan gizi untuk memberikan pendampingan selama menyusui.

Tujuan penelitian ini untuk mengetahui efektifitas penerapan IPC bagian KIA, Imunisasi dan Gizi tentang asi eksklusif terhadap pengetahuan, sikap dan capaian asi eksklusif di Puskesmas Kemiling Kota Bandar Lampung tahun 2024 .

Metode penelitian ini merupakan penelitian *quasi eksperimen* dengan *one group pre dan post test*. Populasi penelitian seluruh ibu menyusui yang datang ke Puskesmas Kemiling. Sampel diambil dengan menggunakan purposive sampling dan menggunakan kriteria inklusi dan inklusi. Hasil perhitungan rumus Lemeshow didapatkan 30 responden. Alat ukur yang digunakan adalah kuesioner. Media pendampingan menggunakan booklet . Analisa data menggunakan analisis univariat dan bivariat uji T dependen.

Hasil penelitian di dapatkan terdapat peningkatan pengetahuan ibu sebelum dan setelah intervensi dengan V palue 0,0001 terdapat peningkatan sikap ibu sebelum dan setelah intervensi dengan V- palue 0,0002, terdapat peningkatan cakupan asi eksklusif sebesar 93%. Kesimpulan penerapan IPC untuk meningkatkan pengetahuan, sikap dan capaian asi eksklusif . Saran kepada Puskesmas secara kontinue memberikan pendampingan di kelas ibu untuk meningkatkan cakupan asi dan menyusui selama 2 tahun .

Kata Kunci ; ASI eksklusif, Capaian, IPC, Pengetahuan, Sikap,

ABSTRACT

Exclusive breastfeeding and breastfeeding for at least two years require knowledge and a positive attitude from mothers. Community health centers, as part of the government, are obligated to improve breastfeeding outcomes through activities such as mothers' classes. These classes can be used to implement interprofessional collaboration (IPC) between midwives, immunization officers, and nutritionists to provide support during breastfeeding.

The purpose of this study was to determine the effectiveness of the implementation of the IPC section of KIA, Immunization and Nutrition regarding exclusive breastfeeding on knowledge, attitudes and achievements of exclusive breastfeeding at the Kemiling Community Health Center, Bandar Lampung City in 2024.

This research method is a quasi-experimental study with one group pre- and post-test. The study population was all breastfeeding mothers who came to the Kemiling Community Health Center. The sample was taken using purposive sampling and using exclusion and inclusion criteria. The results of the Lemeshow formula calculation obtained 30 respondents. The measurement instrument used was a questionnaire. The mentoring media used a booklet. Data analysis used univariate and bivariate analysis of the dependent T test.

The results of the study showed an increase in maternal knowledge before and after intervention with V-palue 0.0001, there was an increase in maternal attitudes before and after intervention with V-palue 0.0002, there was an increase in exclusive breastfeeding coverage by 93%. The conclusion of the application of IPC to improve knowledge, attitudes and achievements of exclusive breastfeeding. Suggestions to the Community Health Center continuously provide assistance in mother's classes to increase the coverage of breast milk and breastfeeding for 2 years.

Keywords: Exclusive breastfeeding, Achievement, IPC, Knowledge, Attitude

INTRODUCTION

The current maternal and child health issue that is the focus of government programs is stunting. Stunting is a condition of growth failure in toddlers. The incidence of stunting in Indonesia in 2021 was still at 24.4% (Novianita, 2022). Many factors are related to the incidence of stunting. One of them is exclusive breastfeeding for infants aged 0-6 months (Putriana, Y., Risneni, R., Pranajaya, R., & Indrasari, 2024). Exclusive breastfeeding is needed by infants because it is very important for the growth and development of infants (Komariah, Holifatul, 2019). Infants who receive exclusive breastfeeding have a lower risk of stunting (Susilowati, E., Damanik, R., & Prima, 2022) (Sri Mulyanti, 2020).

Exclusive breastfeeding has been programmed by the government since 2012, but success in achieving exclusive breastfeeding has been slow (Kemenkes, 2022). In 2021, the achievement of exclusive breastfeeding only reached 71.58% for Indonesia, and specifically for Lampung province, exclusive breastfeeding reached 74.93% in 2021 (Statistik, 2022). Efforts to achieve the target of achieving exclusive breastfeeding are many government programs implemented at Community Health Centers, one of which is by providing counseling to pregnant women in pregnancy classes. However, this counseling is only limited to the KIA section (Putriana, Y., Risneni, R., Pranajaya, R., & Indrasari, 2024). After the baby is born and thereafter, mothers rarely contact KIA to consult about problems related to breastfeeding after the baby is born. Mothers and babies often contact health workers at the community health center only to get basic immunization injections (Putriana, Y., Risneni, R., Pranajaya, R., & Indrasari, 2024). As a result, there is a high risk of failure in exclusive breastfeeding for infants due to unresolved issues during breastfeeding. Ideally, there should be collaboration between professionals from the immunization department and the maternal and child health department to refer mothers and babies experiencing breast milk-related issues (low milk supply, sore nipples, engorged breasts, and so on). Mothers experiencing breastfeeding issues should consult with a breastfeeding counselor at the community health center (Puskesmas). Breastfeeding mothers need additional specialized knowledge about lactation to ensure smooth breastfeeding (Putriana, Y., Risneni, R., Pranajaya, R., & Indrasari, 2024) (Ratnasari, 2019).

Increasing maternal knowledge about exclusive breastfeeding can be done through health education (Yasya, W., Muljono, P., Seminar, K. B.,

& Hardinsyah, 2019). Health education is an educational activity carried out by spreading messages and instilling beliefs so that the community is not only aware, knows, and understands, but also wants and can carry out recommendations related to health (Wigati, P. W., & Mualimah, 2021). Strategies to optimize education by implementing interprofessional health education can improve communication skills and teamwork, which are key competencies in collaborative practice between health professions (Bahrum, 2024).

Interprofessional collaboration skills significantly support the improvement of maternal and infant care (Sulistiywati, 2019). The goal of IPC is interprofessional collaborative practice, involving various professions in learning how to work together by providing the knowledge, skills, and attitudes necessary to collaborate effectively. The benefits of implementing IPC in health services are obtained from achieving better collaboration between health practitioners (Christopherson, 2015) (Hardi et al., 2019). IPC in question is collaboration between KIA officers, in this case midwives, with Immunization Officers and Nutrition Officers at the Kemiling Health Center in Bandar Lampung. The author is interested in examining the effectiveness of IPC in improving the achievement of exclusive breastfeeding by improving the knowledge and attitudes of breastfeeding mothers.

RESEARCH METHODS

The study used a quasi-experimental design with a one-group pretest and posttest. The study population was breastfeeding mothers with infants up to one month old. The sample was determined by purposive random sampling. The sample size was determined using the Lemeshow formula (A Wawan and Dewi, 2021). The population in this study was as many as 490. The number of samples obtained was 30 responden. The sample was drawn based on inclusion and exclusion criteria. The inclusion in this study were 1) breastfeeding mother 2) infant under 1 month old. The exclusion criteria were 1) breastfeeding mother with comorbidities 2) having infant older than 1 month old. The intervention included education and support regarding exclusive breastfeeding. Data were analyzed using a dependent t-test.

RESEARCH RESULTS

The majority of respondents were of reproductive age (20-35 years old), at 83.3%. This age is the optimal age for pregnancy and childbirth,

as the mother's body is at its optimal Based on Table 1, the most prevalent characteristic among respondents was being within reproductive age (20-35 years), accounting for 83.3%. This age range is considered optimal for pregnancy and childbirth, as the mother's body is in its prime reproductive condition. Age influences an individual's comprehension and cognitive patterns; as age increases, so do comprehension and cognitive abilities, leading to improved knowledge acquisition (Liza, 2022).

Table 1
Characteristic of respondent s of mother breastfeeding at Public Health Kemiling Bandar Lampung in 2024

Kategori	Frekuensi	%
Umur		
< 20 tahun	1	3,3
20-35 Tahun	25	83,3
>35 tahun	4	13,3
Pendidikan		
SMP	7	23,3
SMA	15	50
PT	8	26,6
Pekerjaan		
IRT	16	53,3
Swasta	6	10
Honor	5	3,3
PNS	3	6,7
Paritas		
Primi	6	20
Multigravida	20	66,7
Grande multi	4	13,3

Regarding respondent characteristics based on education, the largest proportion of respondents had a Senior High School education (50%). Education is an external factor that supports healthy living behaviors, largely due to the ease of information reception (Ratnasari, 2019).

Concerning occupational characteristics, the most frequent occupation among respondents was housewives, totaling 16 individuals (53.3%). Mothers who manage households have a greater opportunity to provide breast milk, especially during exclusive breastfeeding (Muchtar A,S, dkk 2021). Working mothers can still breastfeed by employing breast milk expression (Lestariningsih, L., & Kusyanti, 2018).

For parity, most respondents (66.7%, 22 individuals) were multigravida. Multigravida respondents, having had positive breastfeeding experiences in prior pregnancies, exhibit a higher

likelihood of successful breastfeeding in subsequent pregnancies.

Table 2
Mother's Knowledge Before and After IPC

Variable	Knowledge before IPC		Knowledge after IPC	
	F	%	F	%
Good	17	(57%)	27	(90%)
Poor	13	(43%)	3	(10%)

Based number of individuals demonstrating good knowledge rising from 17 (57%) to 27 (90%). This highlights the ongoing necessity for midwives to provide education on exclusive breastfeeding to respondents, both pre-pregnancy and postpartum. Consistent information delivery is crucial for strengthening respondents' understanding, thereby fostering appropriate behaviors (Sakinah, R., Helmizar, H., & Azrimaidaliza, 2024) (Ellina Kristina Sihombing & Basaria Manurung, 2024).

Table 3
Attitude of respondent before and after IPC

Variable	Attitude before		Attitude after	
	f	%	f	%
Supportive	19	(63%)	24	(80%)
Less Supportive	11	(37%)	6	(20%)

Based on Table 3, a positive shift was observed in supportive attitudes towards exclusive breastfeeding, increasing from 19 respondents (63%) to 24 respondents (80%). This finding aligns with (Komariah, 2019) (Jannah et al., 2024) research. All healthcare professionals, particularly midwives, are obligated to impart knowledge about breastfeeding and lactation to empower breastfeeding mothers to sustain exclusive breastfeeding for six months. Furthermore, personal and familial support for the respondents is essential for the continued success of breastfeeding.

Table 4
Exclusive Breastfeeding Achievement

Variable	Frequency	%
Exclusive breastfeeding	27	93
Not exclusive breastfeeding	3	7

As shown in Table 4, the achievement rate for exclusive breastfeeding was 27 individuals (93%). The instances of non-exclusive breastfeeding were primarily attributed to the baby being ill and the baby's weight not increasing for one month. In situations that could jeopardize an infant's health, exclusive breastfeeding may not be maintained. Therefore, mothers must diligently monitor their baby's weight to ensure consistent

gains according to the weight gain curve provided in the MCH book, thereby preventing delays in weight increase. These findings are consistent with (Siti Halimah, 2020) research, which reported improved scores among mothers who received education via WhatsApp and personal chats with health workers and cadres.

Table 5
Respondent Evaluation of IPC Immunization and MCH

Item	Category	%
Quality of counseling implementation	Very Satisfied	80
Counseling material according to needs	Very Appropriate	78
Benefit of counseling	Very Appropriate	85
Counseling media (booklet)	Good	80

Based on Table 5, the IPC implementation received scores exceeding 80% across quality, material, benefits, and counseling media (booklet). The IPC initiative within the MCH and immunization sections is a recent introduction at the Puskesmas, underscoring the necessity for sustained efforts to further enhance exclusive breastfeeding rates. These findings corroborate (Haryani, 2023) research, which indicated an average respondent satisfaction score of 84.53% for IPC implementation at Fatmawati Hospital.

Bivariate

Based on Table 6, the p-value was found to be 0.0001, indicating a statistically significant relationship between knowledge and the achievement of exclusive breastfeeding. These findings are consistent with (Pratiwi, T., Winarsih, R. D., Hartini, S., Widyansih, H., & Wulandari, 2020) research. IPC activities at the Community Health Center offer valuable opportunities for respondents to acquire information pertinent to exclusive breastfeeding. Furthermore, respondents receive informational support from healthcare professionals regarding the breastfeeding process.

Table 6
Relationship between Knowledge (After IPC) and Exclusive Breastfeeding

Knowledge	Exclusive Breastfeeding				Total	
	Yes		No			
	n	%	n	%	n	%
Good	27	96	1	3,5	28	93,3
Poor	1	3.3	1	3.3	2	6.67

Table 7
Relationship between Attitude (After IPC) and Exclusive Breastfeeding

Attitude	Exclusive Breastfeeding				Total	
	Yes		No			
	n	%	n	%	n	%
Supportive	24	80	1	3	25	83
Not Supportive	4	12	1	3	5	17

Based on Table 7, a p-value of 0.002 was obtained, which is greater than $\alpha = 0.05$, demonstrating a significant relationship between a

supportive attitude and the achievement of exclusive breastfeeding. This aligns with (Kusumawati, 2021) and (Mulyanti & Astuti, 2025)

research. The supportive attitude described here enhances the success rate of exclusive breastfeeding, both initially and beyond six months. IPC provides respondents with opportunities to receive support from KIA and Immunization officers through information tailored to their specific needs (Sudarmi, S., Bertalina, B., & Aprina, 2020), (Yuliana, n.d.) and (Siti Halimah, 2020).

DISCUSSION

Based on Table 6, it is evident that the p-value of 0.0001 signifies a strong relationship between knowledge and the successful achievement of exclusive breastfeeding. This finding is consistent with the research conducted by (Pratiwi, T., Winarsih, R. D., Hartini, S., Widyaningsih, H., & Wulandari, 2020). The implementation of IPC activities at the Community Health Center creates valuable opportunities for respondents to gain information pertinent to exclusive breastfeeding (Putri, D., Masrul, M., & Maputra, 2019). It is beneficial for breastfeeding mothers visiting puskesmas for immunization services to receive information about breastfeeding, not only through traditional mother classes but also via leaflets and social media groups managed by the puskesmas (Hartoyo & Supriadi, 2015). Utilizing social media is crucial to prevent mothers from receiving inaccurate information prevalent on other social media platforms (Mistari, N., & Rahim, 2023), (Batjo, S. H., Longulo, O. J., Hehi, K., &

Rafika, 2021). Currently, many puskesmas in Indonesia actively maintain social media accounts (Wibowo, A. F. Q., Kuswati, K., & Istikhomah, 2025). Kemiling Community Health Center, for instance, has an Instagram presence. While its content covers general puskesmas activities, BPJS information, immunization schedules, and public health campaigns (germas), information specifically on breastfeeding is not yet consistently available (Rahayu, 2023) and (Bahrum, 2024).

From Table 7, a p-value of 0.002 (greater than $\alpha = 0.05$) demonstrates a significant relationship between a supportive attitude and the achievement of exclusive breastfeeding. This result aligns with (Kusumawati, 2021) study. The supportive attitude referenced here enhances the success rate of exclusive breastfeeding, both initially and beyond six months. A positive attitude is paramount in supporting exclusive breastfeeding success. This positive mindset offers mental encouragement to breastfeeding mothers and fosters a conducive environment. Feeling supported and valued, mothers are more likely to develop self-confidence and strong motivation for breastfeeding.

A positive attitude also helps to dispel prejudice and stigma associated with breastfeeding. Mother class activities, which involve collaboration among nutrition, immunization, and MCH departments, can expand the knowledge of breastfeeding mothers, thereby further developing their confidence and positive attitudes. Therefore, the sustained establishment of mother classes is crucial.

CONCLUSION

IPC involving nutrition, MCH, and Immunization departments is effective in improving knowledge, attitudes, and the achievement of exclusive breastfeeding at Kemiling Community Health Center in Bandar Lampung.

SUGGESTION

Community Health Center management is encouraged to implement IPC across nutrition, MCH, and Immunization departments to enhance exclusive breastfeeding rates, and to further develop the Puskesmas' social media platforms for widespread dissemination of breastfeeding information.

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