COMPREHENSIVE OBSTETRIC CARE IN NY "Y" WITH OXYTOCIN MASSAGE INTERVENTION AGAINST UTERINE INVOLUTION IN POSTPARTUM MOTHERS

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ABSTRACT
The number of maternal mortality in South Sumatra Province in 2020 is 128 people per 100,000 live births. The highest cause of death in mothers was bleeding by 42 people (31.25%). Bleeding can be prevented if the mother's uterine contractions are good. Uterine contractions are both obtained from the hormone oxytocin. The hormone oxytocin can be obtained from oxytocin massage. The goal is to provide obstetric care to Mrs. "Y" comprehensively. From the period of pregnancy, childbirth, puerperium, by applying oxytocin massage The method used is a case study, the subject of this report is postpartum mothers the application of oxytocin massage is carried out 2x a day for 7 consecutive days since giving birth. Data collection techniques through interviews, observations, physical examinations, SOAP forms, giving questionnaires to patients before oxytocin massage and after oxytocin massage. The result is that after comprehensive obstetric care, the mother did not experience any dangerous cases. The labor process takes place normally, during the puerperium there are no special complaints that are dangerous, the mother is given oxytocin massage for 7 days postpartum in a duration of 10-15 minutes. The results of the study on Mrs. "Y" there was a significant influence of uterine involution when the mother was given oxytocin massage. On day 7, the decrease in uterine fundal height occurred faster than in mothers who did not do oxytocin massage. In conclusion, oxytocin massage care affects the decrease in fundus height of the uterus.

Keywords: oxytocin massage, uterine involution.
INTRODUCTION

The success of maternal health programs can be assessed from the main indicators of maternal mortality (MMR). MMRs are all deaths in this range per 100,000 live births (Ministry of Health RI., 2021). According to the 2021 Indonesian Health Demographic Survey (IDHS), the number of maternal deaths collected using data from the Ministry of Health's Family Health Program is increasing every year. In 2021, 7,389 people died in Indonesia. This number increased from 2020 which reached 4,627 deaths (Ministry of Health RI., 2021).

The cause of MMR in South Sumatra Province in 2020 was the highest cause of maternal death due to bleeding as many as 42 people (31.25%), while the lowest cause of maternal death was due to infection and metabolic disorders by 3.13%. And the main causes of death of AKI in Palembang are bleeding, preeclampsia, infection and others. Bleeding continues to be the most common cause of AKI during and after childbirth (Dinkes, 2021).

According to the Palembang Ministry of Health, the number of MMRs in South Sumatra Province in Palembang City was 15 in 2018, 20 in 2019, and 15 in 2020. The death toll was 59 (Palembang Health Office, 2021).

Postpartum hemorrhage is the leading cause of maternal death worldwide, occurring in 5-10% of all births. The estimated time of death for postpartum hemorrhage is estimated to be only 2 hours, while prenatal hemorrhage takes about 12 hours. Therefore, it is very important to detect it early and start treatment immediately (Simanjuntak, 2020).

Based on research conducted by (Sulistiana et al., 2021) the effect of oxytocin massage on uterine involution in postpartum mothers is that this massage greatly affects maternal uterine involution, this can be seen from a significant decrease in the uterine fundus. high and carried out only for 3 days. Therefore, maintaining uterine contractions through massage to encourage the release of the hormone oxytocin is an important part of postpartum care. Oxytocin can be obtained in various ways, either orally, intranasally, intramuscularly, or through massage that stimulates the release of the hormone oxytocin.

The process of involution goes well when contractions are strong, so efforts must be made to correct uterine contractions. The hormone oxytocin is useful for strengthening and regulating uterine contractions and constricting blood vessels to improve the process of uterine involution. The physiological effect of oxytocin massage is to stimulate uterine smooth muscle contractions both during and after labor, so as to accelerate the process of uterine involution (Immawanti, 2019).

Based on the explanation above, the author is interested in conducting comprehensive obstetric care by applying oxytocin massage. The author is interested in providing comprehensive care to Mrs. 'Y" with Oxytocin Massage Intervention on uterine involution time in postpartum mothers at PMB Soraya in 2022.

METHOD

This research method compared 2 cases with 2 treatments performed oxytocin massage and not oxytocin massage against uterine involution in puerperal mothers. The research location at the Soraya Palembang Independent Practice Midwife (BPM) will be carried out in November 2022 – March 2023. Data collection techniques in this case study are through observation, interview (anamnesis), and by examination through palpation and measurement of the fundus of the uterus using metlin according to Satndar Operasinal Procedure (SOP) and the results are recorded on the observation sheet. Oxytocin massage is done with a duration of 2 times a day for approximately 15 minutes in the afternoon and evening for 7 days. Measurement of increased uterine involution is assessed by measuring TFU before and after oxytocin massage.

RESULTS AND DISCUSSION

1. RESULT
Results of the application of oxytocin massage to decrease the height of the uterine fundus

1.1 Table of results with oxytocin massage

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Pretest (24 hours)</th>
<th>TFU 4 Days</th>
<th>TFU 7 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Mrs. &quot;Y&quot;</td>
<td>20 cm</td>
<td>11 cm</td>
<td>Not palpable</td>
</tr>
</tbody>
</table>

Table 1.1 shows the results with oxytocin massage, namely before the fundus uteri height oxytocin massage 20cm, after oxytocin massage on day 4 the results dropped to 11 cm, on day 7 the fundus uteri height was no longer palpable.

1.2 Table of results with no oxytocin massage

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Pretest (24 hours)</th>
<th>TFU 4 Days</th>
<th>TFU 7 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Mrs. &quot;D&quot;</td>
<td>20 cm</td>
<td>16 cm</td>
<td>5 cm</td>
</tr>
</tbody>
</table>

Table 1.2 shows the results with no oxytocin massage, namely before the fundus uteri height oxytocin massage 20cm, after oxytocin massage on day 4 the results dropped to 16 cm, on day 7 the fundus uteri height dropped to 5 cm.

2. DISCUSSION

The results stated that there was a difference between oxytocin massage and not oxytocin massage

Based on research conducted by (Sulistiana et al., 2021) The effect of oxytocin massage on uterine involution in postpartum mothers is that this massage greatly affects maternal uterine involution, this can be seen from a significant decrease in the uterine fundus. high and carried out only for 3 days.

This research is in line with research by (Kusumastuti et al., 2021) The one showing that oxytocin massage has an effect on uterine involution after labor shows a p value (0.002) which means oxytocin massage is effective. Determine the time of uterine involution after childbirth.

Oxytocin massage is one solution to overcome the uterine involution process. Oxytocin massage is a massage along the spine (vertabrae) to the sixth fifth costae bone and is an attempt to stimulate the hormones prolactin and oxytocin after childbirth

Uterine involution is the return of the uterus to its pre-pregnancy state, both in shape and position. This involution allows the uterus to shrink after childbirth so that it returns to its original shape which weighs about 60 grams. This process begins after the birth of the placenta with contraction of the smooth muscle of the uterus. Many factors can affect the regression process including lactation, early mobilization, nutritional status, age, and parity. This regression process occurs in all postpartum mothers. During any pregnancy, the uterus expands and stretches the muscles of the uterus during 9 months of pregnancy (Astiti &; Dinarsi, 2022).

This change can be detected by palpation to determine the location of the TFU (fundus uteri tinggi). By the time the baby is born, the TFU is high to the middle, then the placenta is born. , TFU 6-7 days 3 fingers above symsis, 8 days TFU 2 fingers above symsis, 9 days TFU 1 finger above symsis and 10 days none (Triwijayanti, 2022).

The benefits of oxytocin massage are that it increases the rate of work of the parasympathetic nerves and instructs the hindbrain to release the hormone oxytocin. Oxytocin massage affects the success of uterine involution because it can stimulate the brain to secrete the hormone oxytocin so that it can affect uterine contractions to carry out the involution process optimally (Sofia, 2017).

The breast formed during pregnancy is filled in such a way that the glands fill with milk, the baby sucks and milk comes out. The process is that as the baby sucks, the smooth muscles of the nipple are stimulated and nerve stimulation is channeled to the brain. The brain then directs the posterior pituitary gland to...
release the hormone oxytocin, which travels to the smooth muscle of the breast and, when that muscle contracts, causes the smooth muscle of the breast to contract, which can cause contractions in the uterus (Purwoastuti & Walyani, 2017).

**CONCLUSION**

After comprehensive obstetric care, the mother did not experience any dangerous cases. The labor process takes place normally, during the puerperium there are no special complaints that are dangerous, the mother is given oxytocin massage for 7 days postpartum in a duration of 10-15 minutes. The results of the study on Mrs. "Y" there was a significant influence of uterine involution when the mother was given oxytocin massage. This is clearly seen when measurements are taken in the first 24 hours, days 4 and 7. On day 7, the decrease in uterine fundal height occurred faster than in mothers who did not do oxytocin massage.

**BIBLIOGRAPHY**


