

Application of Cold Compresses of Cabbage Leaves to Prevent Breast Swelling in Postpartum Maternal Nursing Care Day 1st to 5th day in RSIA Kartini

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Abstract

The lack of knowledge of postpartum mothers about lactation management will cause breast milk dams or breast swelling which will interfere with the bounding process of attachment or bonding between mother and child. One way to prevent breast swelling is to use cold compresses of cabbage leaves, as they contain the amino acids methionine, sinigrin (Allylisoithiocyanate), mustard oil, magnesium, sulfur heterosides oxylate, which can allow the body to reabsorb the fluid that is blocked in the breasts. The purpose of this Scientific Paper is to describe nursing care by applying the action of cold compresses of cabbage leaves. Cabbage leaf cold compress is a compress that is done to prevent breast swelling using cabbage leaves. This application uses a case study descriptive method. The results of the evaluation carried out by the author from the application of cabbage leaf cold compress that has been carried out to patients from day 1 to day 5 for 20 minutes are very effective and get significantly increased results, the results of this case study are in line with the results of previous research and theory. So it was concluded that the application of cold compresses of cabbage leaves can be nursing care for postpartum mothers as a prevention of breast swelling and increased breast milk production. Suggestions for the public can be conveyed to the public to be able to do cold compresses of cabbage leaves to prevent breast swelling.

Keywords : *Postpartum Nursing Care, Cold Compresses of Cabbage Leaves, Breast Swelling, Breast Milk Production*

1. Introduction

Postpartum is the postpartum period, starting after the birth of the placenta and ending when the uterus has returned to its pre-pregnancy state, lasting about 6 weeks or 42 days, but generally recovers within 3 months. A postpartum mother needs physiological adaptation, one of which is the production of breast milk (breast milk) which is affected by an increase in the hormone prolactin and oxytocin. Many postpartum mothers experience disturbances in breast milk production due to a lack of education about lactation management, namely, increased breast milk production if not balanced with adequate expenditure can cause breast dams which eventually cause swelling. Breast swelling is the retention or retention of breast milk due to the narrowing of the milk ducts or glands that are not completely emptied. Signs of breast swelling include, breasts feel hot, breasts feel painful, breasts are swollen, body temperature rises. According to the West Java Health Office, in 2020 breastfeeding mothers experienced 52% of breast milk dam incidents, if this case does not receive attention, it is possible that there will be a

decrease in the quality of breastfeeding which is urgently needed by babies as a staple food that is very important for the growth and development of the baby.

Factors that inhibit lactogenesis include maternal age, residual placental tissue, women with obsession, working women, maternal breast conditions such as flat nipples or inward nipples. In 2019, Eittahdan Ashour conducted a study on cabbage where cold cabbage leaf compress was very effective in reducing breast swelling and pain, this study showed that the cold compress method of cabbage leaves is effective in reducing swelling and pain in the breasts. The main purpose of this study is to conduct and evaluate the Prevention of Postpartum Maternal Breast Swelling after cold compresses of cabbage leaves,

2. Method

Solving the problem of preventing breast swelling in postpartum mothers with the Cold Compress Method of Cabbage Leaves includes:

1. Data Analysis

Assessment is the initial stage of nursing care and a systematic process in which information is gathered from various sources to assess and identify the health status of the client. The assessment uses an interview method to find out whether the subject is suitable for action.

2. Prepare the tools needed

Prepare the tools and materials needed such as cabbage leaves, small towels, and chairs if needed.

3. Cold Compresses of Cabbage Leaves

If the subject meets the criteria, then they can immediately take action to prevent swelling in the breast and facilitate the production of breast milk carried out to postpartum mothers.

4. Evaluate actions

Evaluate after the action is carried out whether the action taken is effective or not, whether there are contraindications such as signs of allergy.

3. Results

Results of the Application of Leaf Cold Compresses to Prevent Breast Swelling in Postpartum Mothers:

1. Data Analysis and Analysis

The assessment uses an interview method to find out whether the subject is suitable for action. From the assessment obtained, there were flat nipples, breasts felt soft and milk production was not smooth.

2. Prepare the necessary tools

Based on research that has been carried out to carry out the action of Cold Compressing Cabbage Leaves, only cabbage leaves that have been washed and cooled in the refrigerator and a small towel are needed.

3. Cold Compresses of Cabbage Leaves

This action is carried out once a day for 5 days in a row for 20-30 minutes until the cabbage leaves wilt slightly.

4. Evaluate Actions

After the Cold Compresses of Cabbage Leaves, there were no signs of allergies such as redness, swelling, itching, and increased body temperature in postpartum mothers. And it is effective for reducing breast pain and can facilitate milk production.

Discussion

The application of Cold Compress Cabbage Leaves has been proven to be effective in reducing breast pain and facilitating breast milk in an easy and natural way without side effects that can harm the mother and baby. However, it is possible that there will be contraindications, namely, signs of allergy to cabbage leaves that will cause itching, redness, swelling, and discomfort. Continuous evaluation is needed because there are concerns about other contraindications.

4. Conclusion

The conclusion of the application of this Cabbage Leaf Cold Compress is that this action is very effective in addition to preventing breast swelling, it can also facilitate breast milk production so that the milk supply can be fulfilled, there are no signs of breast swelling and signs of allergy during the procedure. Because cabbage leaves contain cabbage vitamin A, Vitamin C, and Vitamin K. Green cabbage contains a lot of vitamin C. While white cabbage is a source of vitamin A and cauliflower is a source of vitamin B. The content of cabbage leaves helps increase blood flow to the swollen breast area, dilates capillaries and acts as a barrier, thereby reducing breast swelling and inflammation so that breast milk can flow.

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