

PROGRAM STUDI S1 KEBIDANAN DAN PROFESI BIDAN

FAKULTAS KESEHATAN DAN INFORMATIKA INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU

Karya Ilmiah, 8 Oktober 2025

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“Asuhan Kebidanan Berkelanjutan Pada Ny. S Dengan Pemberian Perawatan Payudara (*Breast Care*) Dan Pijat Oksitosin Terhadap Kelancaran Produksi Asi Ibu Nifas Di Klinik Pratama Afiyah Pekanbaru”

Xiii+ 96 Halaman+ 5 Tabel+ 1 Gambar+ 8 Lampiran

ABSTRAK

Ketidaklancaran pengeluaran ASI setelah melahirkan dapat disebabkan oleh kurangnya rangsangan hormon oksitosin yang sangat berperan dalam kelancaran pengeluaran ASI. Salah satu terapi komplementer yang bermanfaat dan terbukti memiliki manfaat besar dalam kelancaran pengeluaran ASI adalah kombinasi pemberian perawatan payudara dan pijat oksitosin dimana dapat merangsang reflek oksitosin sehingga dapat merangsang produktivitas ASI. Tujuan studi berbasis bukti ini adalah mengevaluasi efektivitas pemberian perawatan payudara (*breast care*) dan pijat oksitosin terhadap kelancaran produksi asi ibu nifas. Karya ilmiah ini menerapkan asuhan kebidanan berkelanjutan mulai dari trimester III kehamilan sampai pelayanan keluarga berencana, dengan fokus pada *Evidence Based Practice Midwifery* (EBM) pemberian perawatan payudara (*breast care*) dan pijat oksitosin. terhadap kelancaran produksi asi ibu nifas. Asuhan dilaksanakan di Klinik Pratama Afiyah Pekanbaru dari bulan Maret hingga Juni 2025. Indikator keberhasilan diukur menggunakan lembar observasi sebelum dan sesudah intervensi. Analisis data deskriptif digunakan untuk menggambarkan hasil pelaksanaan intervensi. Hasil asuhan kebidanan berkelanjutan pada Ny. S 33 tahun, G₂P₁A₀H₁ menunjukkan terdapat peningkatan frekuensi menyusui bayi, peningkatan BAK dan BAB serta peningkatan produksi ASI ibu. Demikian, kombinasi perawatan payudara dan pijat oksitosin terbukti efektif terhadap kelancaran pengeluaran produksi ASI. Tenaga kesehatan disarankan dapat memberikan pelayanan kebidanan khususnya pada kelancaran produksi ASI pada ibu postpartum.

Kata Kunci : Asuhan Kebidanan Berkelanjutan, Perawatan Payudara, Pijat Oksitosin, Produksi Asi

Daftar Pustaka : 44 (2015-2025)

MIDWIFERY PROGRAM AND MIDWIFE PROFESSION

FACULTY OF HEALTH AND INFORMATICS

INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU

Evidence Based Practice, 8 October 2025

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“Continuity of Midwifery Care for Mrs. S with Breast Care and Oxytocin Massage to Smoothen Postpartum Breast Milk Production at Clinic Pratama Afiyah Pekanbaru”

Xiii+ 96 Pages+ 5 Tables+ 1 Pictures+ 8 Appendixes

ABSTRACT

The difficulty in expressing breast milk after childbirth can be caused by a lack of stimulation of the hormone oxytocin, which plays a crucial role in the smooth expression of breast milk. One complementary therapy that is beneficial and proven to have a significant impact on the smooth expression of breast milk is a combination of breast care and oxytocin massage, which can stimulate the oxytocin reflex and increase breast milk production. The purpose of this evidence-based study is to evaluate the effectiveness of breast care and oxytocin massage on the smooth production of breast milk in postpartum mothers. This scientific work applies continuity of midwifery care from the third trimester of pregnancy to family planning services, with a focus on Evidence-Based Practice Midwifery (EBM) of breast care and oxytocin massage. The care was carried out at Clinic Pratama Afiyah Pekanbaru from March to June 2025. Success indicators were measured using observation sheets before and after intervention. Descriptive data analysis was used to describe the results of the intervention. The results of continuity of midwifery care for Mrs. S, 33 years old, G2P1A0H1, showed an increase in the frequency of breastfeeding, an increase in urination and bowel movements, and an increase in breast milk production. Thus, the combination of breast care and oxytocin massage was proven to be effective in smoothing breast milk production. Health workers are advised to provide midwifery services, especially on the smooth production of breast milk in postpartum mothers.

Keywords : *Continuity of Midwifery Care, Breast Care, Oxytocin Massage, Breast Milk Production*

References : *44 (2015-2025)*