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Early Breastfeeding for Uterine Involution in Day 1-7 Postpartum Mothers

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ABSTRACT

Bleeding frequently contributes to AKI (Maternal Mortality Rate). Meanwhile, early breastfeeding beginning negatively impacts new moms' health by inducing uterine retraction, which lessens postpartum blood loss. This is what motivates the authors to examine the impact that Early Initiation of Breastfeeding has on postpartum moms' uterine involution. This study sought to ascertain the impact of postpartum moms' early breastfeeding initiation on uterine involution. Google Scholar and Garuda are the search source databases. The search procedure is expanded or specified using Boolean operators (OR, AND, and NOT), making it simpler to choose the journal to be utilized. In addition, for more specific journal search results and to facilitate finding the needed results.

Keywords: breastfeeding, early initiation, uterine involution

BACKGROUND

Early breastfeeding is one of the factors that affects uterine involution because it stimulates and releases hormones, such as oxytocin, which not only causes contraction and retraction of the uterine muscles but also stimulates the smooth muscles of the breast during breastfeeding. Due to the blood arteries being suppressed, the uterus will receive less blood (Wulandari, 2018).

For a number of reasons, it's strongly advised to breastfeed young children. In addition to being incredibly nourishing, the first milk that is produced also has antibodies that can shield newborns from illness. By inducing uterine retraction, which lessens postpartum blood loss, early breastfeeding has a positive impact on new moms' health (Depkes, 2013).

Involution is one of the changes that take place in the reproductive organs throughout the puerperium (postpartum). The process through which the uterus reverts to its pre-pregnancy state is known as uterine involution or uterine contraction. The process of bringing the uterus back to its original state or state prior to pregnancy is known as uterine involution. Age, early postpartum mobility of mothers, parity (number of children born), exclusive breastfeeding, and early breastfeeding initiation are a few of the factors that affect uterine involution. IMD is where it all begins.

This is crucial for the breastfeeding process, as well as to hasten the uterus' return to its pre-pregnancy shape and lessen postpartum bleeding (Maryunani, 2012).

According to the 2015 Inter-Census Population Survey (SUPAS), there were 305 live births for every 100,000 people in Indonesia in 2015. The AKI in 2012 was 359 per 100,000 live births, therefore this number is lower. In a similar vein, the IMR, or Infant Mortality Rate, met the 2015 MDG target of 23 per 1,000 live births in 2015, with a rate of 22.23 (Indonesian Health Profile, 2015).

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The third of the Sustainable Development Goals for 2015 (SDG) is to lower newborn mortality to 12 deaths per 1,000 live births. According to the Ministry of Health (2015), the low incidence of exclusive breastfeeding, environmental factors, and socioeconomic factors all contribute to the high infant mortality rate.

According to the Ministry of Health in 2014, the Ministry of Health has made various efforts to accelerate the decline in MMR and IMR, among others starting in 2015 launching Health Operational Assistance (BOK) to Puskesmas in districts/cities focused on preventive and promotive activities in the Maternal and Child Health program. The causes of maternal death in Indonesia include direct obstetric causes, namely bleeding (28%), preeclampsia/eclampsia (24%), infection (11%), while indirect causes are obstetric trauma (5%) and others (11%). Bleeding that causes maternal death, including postpartum hemorrhage, is about 26.9% (Ministry of Health, 2014).

From the results of previous research conducted by Wulandari and Sholaikah (2017) on the Relationship between Maternal Age and Early Initiation of Breastfeeding with Uterine Involution at PKU Muhammadiyah Bantul Hospital in 2017, the results of research conducted on 52 respondents showed that mothers who had IMD experienced normal uterine involution, namely as many as 19 respondents (36.5%), and 16 (30.8%) respondents with mothers who did IMD with abnormal involution, and from the results of mothers who did not do IMD and experienced normal uterine involution, namely 3 respondents (5.8 %) while those who did not do IMD and experienced abnormal involution were 14 respondents (26.9%) respondents.

The results of the research by Sendra and Dewi (2017) with the title The relationship between breastfeeding and uterine involution in physiological postpartum mothers at RSIA Aura Syifa Kediri Regency 2017 of 21 respondents there were 14 people (66.67%) who breasted normal uterine involution correctly, who breastfed with it is true that there are 16 people (76.19%) and 5 people (23.81%) breastfeeding incorrectly, this can be caused because during delivery at RSIA Aura Syifa, Kediri Regency, IMD (Early Breastfeeding Initiation) is one of the methods of early breastfeeding. in newborns.

And from 21 respondents there were 15 people (71.43%) who experienced fast uterine involution (normal) and 6 people (28.57%) who experienced slow uterine involution (abnormal). Rapid uterine involution can be caused by the hospital recommending early initiation of breastfeeding as a form of midwifery care for postpartum mothers.

This study wants to find out more deeply related to Early Initiation of Breastfeeding in Post partum Mothers on days 1-7 of Uterine Involution by examining existing research journals to be analyzed and studied more comprehensively, so that it can be seen the effect of Early Initiation of Breastfeeding on Uterine Involution. Therefore, the purpose of this literature is to find out "Early Initiation of Breastfeeding in Post partum Mothers 1-7 days of Uterine Involution".

METHODS

This research method is a literature review study, namely research that examines or critically reviews the knowledge, ideas, or findings contained in the body of academically oriented literature. Search sources using Google scholar and Garuda.

The search strategy used the keywords “Early Initiation of Breastfeeding AND Uterine Involution”. While writing for the international journal Google Scholar uses the keywords “Early Initiation Breastfeeding AND uterine involution. The study selection used the PRISMA Flow Chart algorithm which was adapted to the PICOS framework. After identification, screening, eligibility found 8 articles that have been selected.

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Table 1. Assessing Article Quality Based on Literature Study Findings

No	Author	Journal Name Vol (N0), Year	Title	Method (Design, Sample, variable, Instrument, Analysis)	Conclusion of Literature Review	Data Base
1	Desideria Yosepha Ginting dkk, 2020	Journal of Midwifery Kestra (KK), Volume 2 No 2 of 2020	Effect of Early Initiation of Breastfeeding on Uterine Involution in Postpartum Mothers	Design : observation research, Method : Quasi Experiment, sample 20 people, with accidental sampling technique Independent Variable: Uterine Involution Dependent variable : IMD Instrument: observation sheet Analysis: Wilcoxon signef rank test	Design : observation research, Method : Quasi Experiment, sample 20 people, with accidental sampling technique Independent Variable: Uterine Involution Dependent variable : IMD Instrument: observation sheet Analysis: Wilcoxon signef rank test	Google Scholar
2	Siska Helina, Juraida Roito, Dinda Atriama, 2019	Journal of Mother and Child, Volume 7 No. 1 of 2019	The Effect of Early Breastfeeding Initiation on the Decreased Uterine Fundus 2 and 48 Hours Postpartum at Private Clinics in Pekanbaru City	Design : Quasi experimental Method: observation The sample is 30 people, with purposive sampling technique. Independent Variable: Uterine Involution Dependent variable : IMD Instruments: observation sheet and measuring tape Analysis: Mann Withney test	There is an effect of early initiation of breastfeeding on uterine fundus decline	Google Scholar

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3	Iin Wahyuni, Nanda Masraini Daulay, 2018	Indonesian Journal of Scientific Health, 2018	The Effect of Early Breastfeeding Initiation on Uterine Involution in Postpartum Mothers at Mermayanti Maternity Clinic Padangsidimpuan	*Design: quasi-experimental* *The sample is 30 people, with purposive sampling technique.* *Independent variable : Uterine involution* *Dependent variable : IMD* *Instrument : Observation Sheet* *Statistical test: t-independent test*	IMD has an effect on uterine involution	Garuda
4	Sarah Yahya, Ola Mousa, 2019	Research Article, Volume 3, No3, tahun 2019	Effect of early initiation of Breastfeeding on the uterine consistency and the amount of vaginal blood loss during Early Postpartum period	Desain : *quasi experimental research design* Metode : Sample 100 Variabel independen : Penurunan Fundus Variabel dependen : IMD Instrumen : Analisis : Uji fisher exact	Early initiation and frequency of breastfeeding immediately following labor decrease the amount of vaginal blood loss and improve uterine involution	Garuda

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5	Ike Putri , Ika Esti, Siti Erniyati, 2019	SMART Journal of Midwifery, Volume 6 No. 1 of 2019	Effect of Early Initiation of Breastfeeding on uterine contractions in postpartum mothers at Slawi Health Center, Tegal Regency	*Design: Case control Method: accidental sampling. Sample 140 respondents Independent variable: uterine contractions Dependent variable : Early Initiation of Breastfeeding Instruments: observation data. Analysis : Chi Square Test*	There is a relationship and there is an effect of IMD on uterine contractions in postpartum mothers	Google Scholar
6	Rafhani Rosyidah, Sulistyorimi, 2017	Hasil Penelitian, Vol 1 No -, 2017	Effect of Early Initiation of Breastfeeding on the rate of descent of the uterine fundus	Design: prospective cohort Method : consecutive Sampling, Independent Variable :IMD Analysis: sample T-test Instrument: observation data	There is an effect of early initiation of breastfeeding on uterine fundus decline	Google Scholar

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7	Bawon Harianto, Rita Yulifah, Erlisa Candrawati, 2018	Nursing News, Volume 3 No. 3 of 2018	Effect of Early Initiation of Breastfeeding on Decreased Uterine Fundal Height in Postpartum Patients at Permata Hati Hospital, Sawojajar Malang	Design : Post test only Method : Quasy Experiment Sample 14 people Independent variable: early initiation of breastfeeding Dependent variable: decrease in TFU Instrument: data processing Analysis: t test	There is an effect of early breastfeeding initiation on the decrease in uterine fundus height	Google Scholar
8	Sonya Yulia, 2016	Mahakam Midwifery Jounal, Volume I No 1, tahun 2016	Effect of Early Initiation of Breastfeeding (IMD) on the rate of uterine involution in postpartum mothers at BPM Dwi Inggrini Samarinda	Design : Quantitative Method: accidental sampling Sample 30 people Instruments: Analysis: Mann Whitney test	There is an effect of IMD on the rate of uterine involution in postpartum women.	Google Scholar

RESULTS

This literature review uses 8 journals whose databases are from Google Scholar and Garuda where in determining these 8 journals using the PICO (patient, intervention, compare and outcame) method. The results of the study revealed that the initiation of respondents in general was mostly done 2 and 48 hours. The results of data analysis all obtained p-value <0.005, meaning that early initiation of breastfeeding on uterine involution has a significant effect. All journals that discuss the effect of early breastfeeding initiation on uterine involution have a p-value> 0.05, meaning that initiation has an effect on decreasing uterine fundal height.

DISCUSSION

Identifying Early Initiation of Breastfeeding

The results showed that the Early Initiation of Breastfeeding that had been carried out by postpartum mothers in the intervention group was very good because it could help accelerate uterine contractions and prevent postpartum hemorrhage.

According to research conducted by Sonya Yulia Sahetapy (2016) concluded that there is an effect of IMD on the rate of uterine involution. So the researchers suggest to husbands, families and maternity mothers as well as health workers to carry out IMD immediately after the baby is born within the first hour of birth, starting with the baby's skin contact with the mother's skin, so that the recovery of the mother's genital organs can be restored more quickly.

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In addition, according to Pollard, 2016 babies who were given the opportunity to breastfeed earlier succeeded in exclusive breastfeeding more quickly and would be breastfed longer. Because during early breastfeeding, the baby's sucking not only produces the hormone oxytocin but also produces the hormone prolactin which can make milk production run more smoothly so that the baby will suckle more often so that uterine involution will be faster marked by a decrease in the height of the uterine fundus.

Identify uterine involution

The process of uterine involution is strongly influenced by several factors, namely parity, nutrition, lifestyle, knowledge, lactation. One of them is to help the process of uterine involution by initiating early breastfeeding (Dewi, Vivian at Desideria 2020).

Research according to (Nelwatri 2013) also stated that the decrease in the uterine fundus in postpartum mothers who underwent early initiation of breastfeeding (IMD) was 10.54-1.103 cm while the height of the uterine fundus in postpartum mothers who did not receive IMD was 13.33-1,129 cm. These results showed a decrease in uterine fundal height of about 2.79 cm in mothers who did IMD compared to those who did not.

According to the author's assumption, the lack of process of returning the height of the uterine fundus is influenced by the lack of production of the hormone oxytocin, so that the contractions that occur in smooth muscles are also not optimal. Meanwhile, in the results of research conducted in the intervention group or the group receiving early initiation of breastfeeding, the mean uterine fundus was 9.30 cm with a standard deviation of 0.48.

Analyzing the effect of Early Initiation of Breastfeeding on uterine involution

Research according to (Ike Putri, Ika Esti, Siti Ermiyati 2019) concluded that there is a relationship and there is an influence of IMD on uterine contractions of postpartum mothers. This means that the IMD variable has an effect on uterine contractions of 3.4% with an R Square of 0.034.

Meanwhile, according to other research (Sukarsi, 2013) which states that the more respondents who have IMD, the more respondents with good uterine contractions.

The final results of all studies that have been obtained prove that there is an effect of early breastfeeding initiation on uterine involution. In addition, early initiation of breastfeeding can also help accelerate the process of uterine involution, one of which can be assessed by measuring the height of the uterine fundus.

CONCLUSION

It can be concluded that the Early Initiation of Breastfeeding brings many benefits for babies and postpartum mothers. Because when the baby suckles early, there will be contractions in the uterus so that it will speed up stopping bleeding during childbirth. And for babies, nutritional needs can be met. As for uterine involution, the decrease in uterine fundal height was faster in mothers who did IMD than those who did not do IMD. So that Early Initiation of Breastfeeding on uterine involution there was an effect of IMD on uterine contractions of postpartum mothers.

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