

**IMPLEMENTATION LEAF CABBAGE COMPRESS AND BREASTCARE
TO REDUCE BREAST ENGORGEMENT IN POSTPARTUM MOTHER
IN HOSPITAL ASY SYIFA SAMBI BOYOLALI**

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ABSTRACT

Background ; The percentage of breastfeeding woman experience ASI on average reached 87,05% or as many 8242 post partum mothers from 12.765 people. Breastcare spending could help smooth milk. Compress the cabbage leaves can be used for therapy because it helps widen the capillaries and increase blood flow o enter and exit, allowing the body to reabsorb the fluid that is unstopable in the breast. Aim ; knowing the results of implementing the application of cabbage leaf compresses and breastcare to reduce breast engorgement in postpartum mother. Method ; descriptive research method with a case studi design. The sample in this application is 2 respondents. The research instrument use the scale of breast engorgement. Results ; the results obtained on boh respondents decreased the scale of the same breast engorgement. Conclusion ; there was a difference between breast engorgement after applying to the two respondents. Cabbage leaf compresses and breastcare more quickly overcome breast engorgement problems compared to breastcare alone.

Keywords ; Post partum mother, breast engorgement, cabbage leaf compress, breastcare.