

Application of Oxytocin Massage to Production of breast Milk for Postpartum Mothers in RSU Asy-Syifa Sambi

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ABSTRACT

Background: The results of a preliminary study at RSU Asy-Syifa Sambi in January 2019 there were about 30 pregnant women who gave birth at RSU Asy-Syifa Sambi, but only 10% of their babies were breastfed while still in hospital. Postpartum mothers who complain if breastfeeding is released on the first day after giving birth are few and not smooth, so the baby is not given breast milk. The oxytocin massage technique is one of the efforts to overcome the inability of breast milk production. **Objects:** To describe the results of the application of the oxytocin massage technique to breast milk production in postpartum mothers at RSU Asy-Syifa Sambi. **Methods:** Design a descriptive study with a case study. The subject of this study were two postpartum mothers on the second day. The application is done twice a day in the morning and evening for 5 days with a massage duration of 2-3 minutes. The instrument used was an observation sheet. **Results:** observations before the application of oxytocin massage, the ASI production of the two respondents in the less category and the results of observation after the application of oxytocin massage, ASI production seen from the frequency of breastfeeding, the length of the baby slept after breastfeeding, BAK and BAB frequency increased in respondents 1 and 2 that is, each one becomes good and sufficient. **Conclusion:** there was an increase in ASI production in both respondents after the application of oxytocin massage.

Keywords: Postpartum Mothers, Oxytocin Massage, Breast Milk Production

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