

Pregnancy Breast Care as Preparation for Lactation: A Literature Review

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ABSTRACT

This literature review examines the impact of Breast Care during pregnancy on the success of the lactation period in Indonesia. Despite achieving the strategic plan target of 50% for exclusive breastfeeding coverage, challenges remain in attaining higher rates. Factors such as lack of breastfeeding confidence, insufficient milk production, and breastfeeding complications contribute to the lower exclusive breastfeeding rate. To address these challenges, pregnant women are encouraged to practice Breast Care as preparation for the lactation period. The review includes 11 relevant journals, focusing on pregnant women's knowledge and motivation regarding Breast Care. The findings indicate that increased knowledge and motivation among mothers positively influence the success of Breast Care. When pregnant women possess a good understanding of the importance of Breast Care and are motivated to implement it, they are more likely to experience favourable outcomes during the lactation period. The reviewed literature emphasizes the benefits of practicing Breast Care during pregnancy. Engaging in Breast Care activities such as nipple stimulation, maintaining proper hygiene, and regular breast examination contribute to smooth postpartum breast milk production. Pregnant women who consistently practice Breast Care often report timely and sufficient breast milk supply within the first 24 hours after giving birth. This early initiation of breastfeeding is crucial for establishing successful breastfeeding and promoting the overall health and well-being of both the mother and the infant. In conclusion, Breast Care during pregnancy significantly influences the success of the lactation period. Educating and motivating pregnant women about the importance and techniques of Breast Care is crucial for enhancing their knowledge and confidence in breastfeeding. Healthcare providers, lactation consultants, and support groups play a key role in providing the necessary education and support to pregnant women. By promoting the adoption of Breast Care practices during pregnancy, Indonesia can improve exclusive breastfeeding rates, leading to improved maternal and child health outcomes and overall well-being.

INTRODUCTION

Pregnancy is a change in the context of continuing offspring that occurs naturally, resulting in the growth of the fetus in the mother's womb, then the amount of fetal growth can be explained according to gestational age at each pregnancy examination. [1] During pregnancy, pregnant women must prepare themselves both physically and psychologically to take good care of their babies, namely by paying special attention to breast and nipple preparation and anticipating problems in giving breast milk (ASI) to babies. There are psychological difficulties and physical difficulties that prevent mothers from breastfeeding their babies. Maternal preparation for breastfeeding during pregnancy is very important, as the mother's positive decision or attitude must have been in place during pregnancy or even long before. The best way to breastfeed is for the mother's mental state to be as calm as possible and not face many problems.[2]

Based on data from the Ministry of Health, in 2019 the coverage of infants receiving exclusive breastfeeding was 61.22%, reaching the Indonesian strategic target limit of 44%, increasing in 2020 by 68.74% and reaching the Indonesian strategic target limit of 47%, then decreasing in 2021 by 67.74% but the coverage of exclusive breastfeeding has reached the Indonesian strategic limit of 50%. [3] In increasing infant breastfeeding, the main problem is that mothers need information about breast care during pregnancy to prepare breast milk during childbirth so that they can increase their confidence that they breastfeed their

babies properly and know the function of breast care during pregnancy.[4] Correct and successful breastfeeding requires Breast Care efforts. Breast Care will be successful if the mother has knowledge about the benefits of Breast Care in increasing milk production which is very good for improving the quality of the baby and efforts to reduce infant morbidity and mortality, during pregnancy, Breast Care is very useful for maintaining the beauty of the breasts and avoiding problems in the breastfeeding process.[5]

Breast care during pregnancy is an important part that is considered in preparation for breastfeeding, the purpose of which is to keep the breasts clean and easy for the baby to suck, after doing breast care, later problems related to the breasts during pregnancy to breastfeeding can be handled, so that during pregnancy there are no complications of breast swelling from hormonal influences and swelling of the nipples. Breast swelling causes the breasts to be easily irritated and even easily injured, therefore it is necessary to take care of the breasts during pregnancy. Factors that influence pregnant women who are not compliant in performing breast care are low education, lack of knowledge, and customs.[6]

LITERATURE REVIEW

Factors Influencing Pregnancy Breast Care:

Several factors influence a pregnant woman's adoption of breast care practices during pregnancy. Research indicates that low education levels, lack of knowledge about the importance of breast care, and cultural beliefs can act as barriers to proper breast care [6]. Educational interventions and awareness programs have been found to be effective in increasing awareness and motivating pregnant women to prioritize breast care [4].

Impact on Lactation Success:

The literature review demonstrates the significance of pregnancy breast care in ensuring successful lactation. Educating pregnant women about breast care and its relevance in preparing for lactation has been linked to higher rates of exclusive breastfeeding [7]. Motivated mothers who practice breast care during pregnancy have been observed to experience improved breastfeeding outcomes [8]. Consequently, breast care during pregnancy can have a positive impact on the initiation and duration of breastfeeding.

Practices of Pregnancy Breast Care:

The literature highlights various recommended practices for pregnancy breast care. Moisturizing the breasts with coconut oil and gently massaging the nipples can prevent dryness and irritation, enhancing breastfeeding comfort [9]. Regular breast and areola mammary massages can stimulate milk flow and prepare the breasts for the demands of breastfeeding. Materials and Methods

METHODS

This study adopts a systematic and comprehensive Literature Review approach. The aim is to identify, evaluate, and synthesize relevant research findings and expert perspectives related to Breast Care Pregnancy as Preparation for the Lactation Period. The process involves rigorous literature searches, the application of specific inclusion and exclusion criteria based on Population, Interventions, Comparisons, Outcomes, and Study Design (PICOS) system, and a thorough analysis of the selected literature.

RESULTS AND DISCUSSION

Based on the results of journal searches obtained through inclusion and exclusion criteria based on the Population, Interventions, Comparisons, Outcomes and Study Design (PICOS) system, 11 journals said that there was a relationship between knowledge, motivation in doing breast care during pregnancy and affecting breast milk production after delivery, namely in the first 24 hours.

Based on the results of the study, 11 journals were obtained that examined Breast Care Pregnancy as Preparation for the Lactation Period. One way to prevent infant mortality and improve the quality of the nation's next generation is to provide exclusive breastfeeding. Exclusive breastfeeding is giving only breast milk to babies without any additional food or drink except medicine and vitamins if needed, for 6 consecutive months. Exclusive breastfeeding can minimize the number of cases of malnutrition in children under 2 years old that have hit several regions of Indonesia. At this age, babies have a period of rapid growth and development, so it is often termed the golden period as well as the critical period. Factors that influence Knowledge, Education, motivation mentioned in journals from researchers [7, 8, 9, 10, 11, 12, 13].

Explaining the results of the study, most of the respondents had low education, lack of motivation, namely 18 respondents (47%), according to research [14], it can be interpreted that through breast care demonstrations, most pregnant women (60%) showed an increase in pregnant women in performing breast care and there was an effect of giving demonstrations in performing breast care was considered more effective because respondents gained new knowledge. Along with research by Martha D [15] states that the importance of maternal knowledge about the importance of Pregnant Breast Care in exclusive breastfeeding. Pregnant women who take care of their breasts maintain the cleanliness of the breasts, especially the nipples, flex and strengthen the nipples, stimulate the mammary glands so that milk production is smooth and to prepare the mother's psychic for breastfeeding in accordance with Sinurat's research.

Breast care in pregnant women is carried out by a) both palms are moistened with coconut oil, b) the nipples to the areola mammae (the area around the nipple with a darker color) are compressed with coconut oil for 2-3 minutes. The aim is to soften the dirt or crust attached to the nipple so that it is easy to clean, c) Do not clean with alcohol or other irritants because it can cause nipple blisters, d) Both nipples are held Lalo pulled, diluter outward (clockwise and counterclockwise). The base of the breast is held with both hands and then sequenced towards the nipple 30 times a day, e) Massage both areola mammae until 1-2 drops come out, f) Both nipples and surrounding areas with a dry and clean towel, g) Wear a BH that is not tight and supports the breast, do not wear a tight BH and press the breast. If the BH has begun to feel cramped, replace it with a BH that fits and fits the size and shape of the breast to provide comfort and also good support for the breasts. If wearing a BH that is not suitable for the size of the breast can cause infections such as mastitis (an infection of the breast mammary glands) [9].

According to Fadilah's research that breast care during pregnancy is an important part that must be prepared for breastfeeding later as the results of the study state that 95% or 15 people who do breast care have smooth milk production and 5% or only 1 person whose milk is not smooth, on the first, second and third days of pregnant women who do breast care their milk production is smooth because the function in doing breast care is smooth milk, prominent nipples, clean aerolas, and babies can even suckle well. In line with research by Sari [16] from 11 journals were obtained that examined pregnancy Breast Care as preparation for the lactation period, it was found that there was a success rate in the lactation period by doing Breast Care during pregnancy.

CONCLUSSION

In conclusion, pregnancy is a crucial period for preparing mothers to breastfeed their babies successfully. Breast care during pregnancy plays a significant role in ensuring the proper preparation for lactation. It involves maintaining breast cleanliness, stimulating mammary glands, and preparing the nipples for breastfeeding. The research findings from the 11 journals suggest a positive relationship between knowledge, motivation, and breast care during pregnancy, which can affect breast milk production after delivery.

Exclusive breastfeeding, providing only breast milk to babies without additional food or drink, is essential for reducing infant mortality and improving the health of the nation's next generation. Factors such as education, knowledge, and motivation influence a mother's decision and ability to perform breast care during pregnancy, which can ultimately impact the success of lactation.

Proper breast care during pregnancy results in smooth milk production, prominent nipples, and clean aerolas, leading to better breastfeeding experiences for both mother and baby. By following the recommended breast care practices during pregnancy, mothers can prepare themselves physically and psychologically, ensuring a positive breastfeeding journey for the baby's optimal health and development.

Overall, promoting breast care during pregnancy, along with providing information and support to expectant mothers, is crucial for increasing exclusive breastfeeding rates and achieving better overall maternal and child health outcomes. More efforts should be directed towards educating and empowering pregnant women to make informed decisions and embrace breastfeeding as a vital part of nurturing their babies.

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