

Postpartum Supportive Care Increases Breastfeeding Effectiveness in Mothers With Twins: Evidence Based Nursing Practice

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ABSTRACT

Objectives: To evaluate Postpartum Supportive Care (PSC) on breastfeeding in mother with twins. **Method:** One of the evidence-based nursing practice (EBNP) that can be applied to minimize risks to mothers and babies is postpartum supportive care (PSC). The EBNP was applied to five postpartum mothers with twins during hospitalization. PSC were carried out by providing physical support in the form of breast care and oxytocin massage, psychological support in the form of relaxation techniques, information support in the form of education, and advocacy support in the form of husband involvement. We used LATCH Score to evaluate breastfeeding effectiveness. **Result:** This method was effective for postpartum mothers with twins in breastfeeding effectiveness. **Conclusion:** PSC can be used for increasing breastfeeding effectiveness in postpartum mother with twins. Families, especially husbands, were advised to continue providing care support through the roles division at home.

Keywords: *breastfeeding, postpartum, supportive care, twins*

1. INTRODUCTION

Breastfeeding problems is one of common health problems particularly in postpartum period. Postpartum mothers have a higher risk of experiencing these problems, especially breastfeeding effectiveness [1]. It depends on the condition of themselves and their babies, especially postpartum mothers with twins. However, research related to appropriate interventions to overcome breastfeeding effectiveness in postpartum mothers with twins is limited.

Multiple births are on the rise worldwide. This fact is due to the increasing prevalence of multiple pregnancies. Data from France and America show that 3.6 and 3.4% are multiple pregnancies [2]. While at the practice site, researchers found 10 cases of postpartum mothers with twins in 2 different types of hospitals [3]. Caring for more than one baby is not an easy task. For postpartum mothers, good physical and psychological adaptation is needed in carrying out their roles, especially in managing

the right time to take care of the two babies [4]. At the same time, the mother complains of various physical discomfort symptoms such as sleep disturbances, swollen breasts due to inadequate breastfeeding, perineal pain or postoperative wounds, and lack of confidence in caring for her twins [5] [6]. One study on twins showed breastfeeding success was associated with no substitutes used and timing of first breastfeeding [7]. Various challenges in treating twins can trigger psychological problems, especially anxiety.

The support provided during the postpartum period consists of various aspects. Aspects of physical discomfort such as swollen breasts can cause stress to the mother and inhibit breastmilk production and cause the breastfeeding process to be ineffective. So it is important to identify the effectiveness of breastfeeding [8] [9]. In addition, Marculino et al. and Shabaan, El Sayed, & Ghonemy explained that a good mother's knowledge of postpartum care will improve self-care abilities [10] [11]. These various forms of support can be integrated into postpartum care.

Support provided during postpartum care can be in the form of postpartum supportive care. Supportive care is the provision of non-pharmacological care that aims to help clients reduce discomfort through their own abilities and fulfill their needs during treatment [12]. Initially supportive care was used in the treatment of oncology and psychological disorders [13]. However, research by Adams & Bianchi and Isbir & Sercekus measuring the delivery outcome showed that intrapartum supportive care was effective in reducing fear of childbirth [14] [15].

Various roles of nurses appear in supportive care. Apart from being a provider of care to provide physical and psychological comfort support, nurses as educators also provide information support needed by mothers during postpartum care. The information support provided is expected to be able to make postpartum mothers with twins able to adapt to the changes experienced and be able to perform self-care and care for their babies. Support for mothers during the postpartum period is obtained through postpartum supportive care.

The purpose of this EBNP (Evidence Based Nursing Practice) implementation report is to show the effectiveness of the implementation of postpartum supportive care in breastfeeding effectiveness of postpartum mothers with twins.

2. METHOD

The research method used was Evidence Based Nursing Practice (EBNP). The data obtained were then analyzed and presented in tabular form. The research design used a pilot study with a convenience sampling technique that is taking samples that are easy to find.

The subjects in this study were five postpartum mothers with twins who were treated in the postpartum room, multiparous, and accompanied by their husbands/families. The instruments used include the LATCH score (Lacth-on, Audible Swallowing, Type of nipple, Comfort, Hold position) to measure the effectiveness of breastfeeding and observation sheets for postpartum mothers.

Postpartum supportive care consists of providing support, including physical comfort support in the form of breast care and oxytocin massage, psychological support in the form of breathing relaxation, information support in the form of postpartum education and advocacy support through the involvement of husbands. Then, the client was explained about the benefits of doing activities immediately after giving birth. The client stated that she would start the activity as soon as possible. The nurse assessed the effectiveness of breastfeeding when the client started breastfeeding the baby with the LATCH score and observed the role of the husband. Clients were given breast care and taught oxytocin massage and breathing relaxation techniques. The five clients

expressed interest in the intervention given and would do it regularly.

Implementations of breast care were using hot-cold compress techniques alternately on both breasts followed by massage, done every morning and evening. Oxytocin massages were carried out by the husband by gently massages the mother's back area using baby oil or olive oil twice a day (morning and evening). Breathing relaxation techniques were carried out in a comfortable and relaxed position, close both eyes and inhale for 4 seconds until the chest expands, hold the breath for 2 seconds then exhale through the slightly open mouth. Rest for 2 counts then continue up to 5 times. Breathing relaxations were carried out 3 times a day. Husbands were welcome to accompany clients during treatment and play an active role in providing support through oxytocin massage. The intervention was carried out for 2 days. The evaluation of the results was carried out when the client was preparing to go home.

3. RESULT

Table 3.1 Clients Characteristics

Client	1	2	3	4	5
Age	38	37	39	43	25
Education	High school	High school	High school	High school	Junior high school
Parity	P4A0	P3A0	P5A0	P7A1	P3A0
Rooming-in	Yes	Yes	Yes	No	Yes

Table 3.2 Evaluation of LATCH scores before and after postpartum supportive care

Client	Before	After	Difference	%
1	8	9	1	12.5
2	6	8	2	33
3	5	8	3	60
4	2	6	4	200
5	6	8	3	33

Note: the median value was 33%, if the difference was greater than 33%, then the effectiveness of breastfeeding was considered very significant.

From Table 3.1, it can be seen that most mothers were over 35 years of age, had high school education, were multiparous, and were treated rooming-in with their babies. Based on Table 3.2, it can be seen that there was a very significant increase in LATCH scores for clients 2, 3, 4, and 5 after postpartum supportive care was carried out.

4. DISCUSSION

Comprehensive care was seen from the role of the nurse. As an implementer, physical comfort support was provided through breast care and psychological support

through relaxation techniques. The role of educators was to provide information support through postpartum education. Advocacy support through husband involvement was done through oxytocin massage and involvement during treatment. Adequate support during the postpartum period was obtained through postpartum supportive care.

One of the physical discomforts felt by postpartum mothers was related to breastfeeding. The results of the application of the EBNP indicated that the problem of breastfeeding effectiveness can be treated by hot-cold compresses, breast massage, and oxytocin massage. Research result by Karatay & Gurarslan Baş in postpartum mothers who have swollen breast problems with hot-cold compresses has given similar result [16]. Research result by Mirzaie, Mohammad-Alizadeh-Charandabi, Goljarian, Mirghafourvand, & Hoseinie also showed massage increased breastmilk production [17]. Apart from that, Amir advised mother and baby to get care in rooming-in setting so that they can breastfeed continuously [18]. The comfort felt by postpartum mothers can make the breastfeeding process more effective.

The method of delivery is related to the effectiveness of breastfeeding. Gunes showed that prolactin levels and LATCH scores in mothers with spontaneous delivery were higher than those with cesarean section [19]. However, cesarean section under spinal anesthesia has enabled more mothers to start breastfeeding immediately after 30 minutes. The study was in line with this EBNP that spontaneous postpartum mothers have higher LATCH scores. Postpartum post-cesarean mothers should be more motivated to breastfeed their babies.

Information support through education can be done in the postpartum period. The results of implementing the EBNP showed that the education provided was effective in increasing maternal knowledge regarding postpartum care. This result was supported by Marculino et al. and Shabaan et al. which stated that providing education can reduce maternal discomfort and increased the mother's ability to self-care during the postpartum period [10][11].

Family support, especially husbands, is an important factor in postpartum care Davis et al. stated that health workers and husbands need to provide support to postpartum mothers [20]. The results of this study indicated the existence of appropriate husband support after supportive care. These results were supported by research in Canada and America, which also showed that the support of those closest to the mother is needed in the postpartum recovery process, and was associated with self-efficacy during breastfeeding [21][22]. The role of family and husband in postpartum supportive care is to help care and activities of mothers and babies. The involvement of family and husband is manifested as

motivation and role division so that mothers are able to perform optimal postpartum care.

5. CONCLUSION

Based on Evidence Based Nursing Practice (EBNP), it was found that postpartum supportive care was effective for postpartum mothers with twins in increasing breastfeeding effectiveness. These changes can be seen after the assessment before and after postpartum supportive care. With optimal support from both the nurse and the involvement of the husband, postpartum maternal care was more optimal. Families, especially husbands, were expected to continue to provide support through care and roles division at home so that the benefits are sustainable.

The application of EBNP postpartum supportive care can be applied in clinical areas by first conducting research on a larger scale and with a larger number of samples. A randomized controlled trial study design can also be conducted to prove the effectiveness of postpartum supportive care in cases of mothers with twins.

CONFLICT OF INTEREST

There is no conflict of interest in this study.

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