

THE DIFFERENCE EFFECTS OF RESERVE PRESSURE SOFTENING AND COMPRESS CABBAGE LEAVES ON BREAST ENGORGEMENT OF POST PARTUM MOTHER

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Abstract

Introduction. Breastfeeding mothers are often constrained by nipple pain, nipple abbrasion, breast engorgement and mastitis. Breast engorgement can lead to decreased milk production and let-down reflex. Reserve pressure softening (RPS) and compress cabbage leaves (CBL) is one of the interventions that can reduce breast engorgement. This study aims to determine of the effect of reserve pressure softening and compress cabbage leaves on breast engorgement of post partum mother.

Methods. The quasy experimental study using pre-post test design approach was used. Sample was divided into two groups of intervention i.e. the group given reserve pressure softening while the second group was given compress cabbage leaves. The study was conducted in Flamboyan Room, RSUD Prof. Dr. MargonoSoekarjo Hospital, Purwokerto. Sampling technique was consecutive sampling. Mann whitney was used for statistical analysis.

Results. Breast engorgement scale prior to RPS majority with scale 3 was 20 mothers (100%) and scale before CBL conducted majority with scale 3 was 19 mothers (95%). The engorgement breast scale after RPS was done with a scale of 2 as many as 18 mothers (90%) and the scale after CBL with scale 2 was 13 mothers (65%). The differences effectivity of reserve pressure softening with compress cabbage leaves toward breast engorgement in post partum mother obtained p value = 0.62 ($p > 0.05$).

Conclusions and Recommendations. There was no difference in the effectiveness of reserve pressure softening and compress cabbage leaves on breast engorgement of post partum women. This research needs to be continued with a larger sample size with random sampling technique so it is possible to get a more valid value.

Key words: Breast Engorgement, Reserve Pressure Softening, Compress Cabbage Leaves