

Oketani Massage Training at Wahyuni's PMB

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Abstrak

ASI eksklusif memiliki banyak manfaat baik bagi ibu dan bayinya. Ibu postpartum khususnya hari 1-7 postpartum memiliki berbagai masalah dalam menyusui seperti pembengkakan payudara yang mengakibatkan nyeri payudara sampai abses payudara. Solusi yang dapat diberikan adalah pijat oketani. Pijat oketani merupakan perawatan payudara yang dapat memisahkan secara manual perlekatan antara dasar payudara dan fascia pektoralis mayor. Pijat Oketani membantu mengembalikan fungsi normal payudara yaitu areola dan puting lebih elastis sehingga bayi dapat mengisap ASI lebih mudah. Pijat oketani mengatasi masalah bayi tidak cukup ASI atau nyeri puting, pembengkakan payudara serta mastitis. Metode pelaksanaan dengan metode ceramah, Tanya jawab/ diskusi dan demonstrasi. Setelah dilakukan Implementasi langsung pemberian perawatan payudara dengan terapi pijat Oketani pada ibu postpartum selama 30-40 menit pada pagi dan sore dalam jangka waktu 3 hari. Hasil yang didapatkan adalah pijat oketani mampu menurunkan rasa nyeri payudara pada ibu postpartum, peningkatan produksi ASI, serta payudara terasa lebih nyaman. Pada bayi hasil yang didapatkan adalah frekuensi menyusui lebih sering dan tidur bayi lebih nyenyak.

Kata Kunci: pelatihan, pijat oketani, ibu hari ke 1-7 post partum

Abstract

Exclusive breastfeeding has many benefits for both mother and baby. Postpartum mothers, especially days 1-7 postpartum, have various problems in breastfeeding, such as breast swelling which causes breast pain to breast abscess. The solution that can be given is oketani massage. Oketani massage is a breast treatment that can be done manually by the attachment between the base of the breast and the pectoralis major fascia. Oketani massage helps restore normal breast function, namely areola and nipples are more elastic so that the baby can suck milk more easily. Oketani massage solves the baby's problem of not getting enough milk or sore nipples, breast swelling and mastitis. The implementation method is the lecture method, question and answer/discussion and demonstrations. After the implementation is carried out, immediately provide breast care with Oketani massage therapy for postpartum women for 30-40 minutes in the morning and pain within 3 days. The results obtained are oketani massage which can reduce breast pain in postpartum mothers, increase milk production, and make the breasts feel more comfortable. In infants, the results obtained are the frequency of breastfeeding more often and the baby sleeps better.

Keywords: training, oketani massage, mothers 1-7th day post partum

INTRODUCTION


Breast milk provides ideal nutrition for babies; the perfect mix of vitamins, proteins, fats, and antibodies (Yilak et al.,

2022). Exclusive breastfeeding reduces infant mortality and faster recovery during illness. Exclusive breastfeeding for the first 6 months of life is important because it can

Submitted
16-01-2023

Accepted
20-01-2023

Published
20-01-2023

 : <https://doi.org/10.56248/zadama.v1i2.40>

reduce childhood morbidity and mortality, poor school grades, reduced productivity, and impaired intellectual development (Tasnim et al., 2019).

Mothers who breastfeed their babies can reduce 64% in the incidence of nonspecific gastrointestinal infections, 77% in the incidence of necrotizing enterocolitis (NEC), 36% decrease in sudden infant death syndrome (SIDS), asthma, atopic dermatitis, and 27% decrease in the incidence of eczema. There was a 52% reduction in the risk of celiac disease in infants who were breastfed at the time of exposure to gluten. In addition, breastfeeding can reduce the risk of inflammatory bowel disease as a child by 31%, the risk of acute lymphocytic leukemia by 20% and the risk of acute myeloid leukemia in infants who are breastfed 6 months or more by 15%. Exclusive breastfeeding can also reduce the risk of obesity by 40% and 30% in adolescents and adults. The reduced incidence of diabetes by up to 30% in type 1 diabetes mellitus is due to infant exposure to cow's milk β -lactoglobulin, which stimulates an immune-mediated process of cross-reacting with pancreatic β cells. A 40% reduction in the incidence of type 2 diabetes mellitus is a long-term positive impact (Eidelman & Schanler, 2012).

According to Quigley's study (2012), exclusive breastfeeding also reduces the incidence of sepsis in premature infants. The long-term effect of exclusive breastfeeding given to premature babies is that at the age of 8 years and adolescence, they show better intelligence test results and a larger total brain volume. In addition, premature babies who are breastfed until they are 18 months old can reduce the incidence of severe retinopathy of prematurity. A cohort study in the UK, states that breastfeeding can improve the cognitive development of children up to school age. (Eidelman & Schanler, 2012).

In the first week of breastfeeding, the most common problem mothers encounter is breast swelling, the second problem is

sore nipples and the third is not enough milk production (Chiu et al., 2010). This results in pain from the breast to the nipple, blocked ducts, mastitis and insufficient milk production (To, 2014). Swelling of the breasts also causes pain, which affects the initiation and duration of breastfeeding (Tasnim et al., 2019). Various studies say that if the baby has difficulty breastfeeding, it will seriously result in the baby rejecting the breast. A further impact of breast engorgement is that the mother makes the decision to stop breastfeeding her baby (Anderson et al., 2019).

Oketani's technique can be a solution to overcome these difficulties for successful lactation to encourage child growth (Tasnim et al., 2019). Oketani Massage is a special type of manual breast care technique developed by Sotomi Oketani to promote breastfeeding especially for certain lactation problems such as not enough milk or sore nipples, breast swelling and mastitis. This Oketani massage is a painless connective tissue massage and separates the retromammary space, which is the connective tissue between the breast and the larger chest muscles so that it relaxes the tissue and stimulates milk secretion, and the baby can suckle easily (Dehghani et al., 2017).

Oketani massage is an efficient, cost-effective and easy method. The positive effects are reducing breast pain, increasing the baby's sucking speed, increasing the quality of breast milk (increasing pH), increasing lipids at the end of breastfeeding, increasing the sweet taste of breast milk, reducing sodium in milk, increasing baby's weight and stimulating baby's growth and development (Shahri et al., n.d.).

According to a case study conducted by practicing students at BPM Wahyuni, 87% of post partum mothers said that on the first day their milk had not come out. In addition, 57% of post partum mothers on days 4-7 said breast pain was accompanied by breast swelling.

Based on the above, Muhammadiyah Pringsewu University, especially the D III

Midwifery Study Program, considers it important to contribute to providing training on Oketani massage to mothers on days 1-7 postpartum. One of the tri dharma duties of a lecturer is to provide community service. This community service is aimed at independent practicing midwives so they can find out about the newest alternative method, namely Oketani massage to increase the coverage of exclusive breastfeeding success at PMB Wahyuni Pagelaran.

METHOD

Metode dalam pelaksanaan pengabdian masyarakat ini menggunakan metode ceramah, tanya jawab/ diskusi dan praktek langsung pijat Oketani pada ibu postpartum. Pijat Oketani diberikan pagi dan sore selama 3 hari berturut-turut pada ibupostpartum yang melahirkan secara normal dengan durasi 30-40 menit. Kegiatan ini menggunakan media/ alat bantu berupa panthom payudara, materi, dan LCD. Jumlah peserta pelatihan 10 orang.

FINDINGS AND DISCUSSION

Findings

Oketani massage therapy training activities for breastfeeding mothers and midwives at PMB Wahyuni are running according to purpose. The activity was carried out in three stages: first, conducting counseling regarding the socialization of the benefits of giving oketani massage therapy. Second, conducting Oketani massage therapy training for midwives. Third, direct implementation of the oketani massage therapy method for postpartum mothers. The participants who attended were very enthusiastic about the activity. Many questions were asked by midwives because they had never heard of this new method of breast care. Evaluation of activities is carried out by conducting pre-tests and post-tests after carrying out counseling activities. The results of the

evaluation showed that 92% of the knowledge of midwives and post partum mothers who were breastfeeding about Oketani massage had a good level of knowledge after being given counseling about the benefits and advantages of breast care with Oketani massage.

Discussion

Knowledge can be defined as the result of knowing and occurs after people sense certain objects. Most humans acquire knowledge through the senses, namely the eyes and ears. Therefore, knowledge is an information or fact obtained from the process of learning and experience. Someone who has knowledge can act or solve the problem at hand. Knowledge or cognitive is a very important domain in shaping one's actions (over behavior). (Rostaviani,2012). The level of knowledge of a person can be influenced by the level of education, age, information and socio-economic. In oketani massage training by midwives in the postpartum room using a breast phantom. Oketani breast massage refers to a type of massage using 8 different techniques in OBM, where techniques 1 to 7 are usually called a set or course of treatment and technique 8 is called expressing or milking. All of these techniques are done within one minute and repeated for 15-20 minutes.

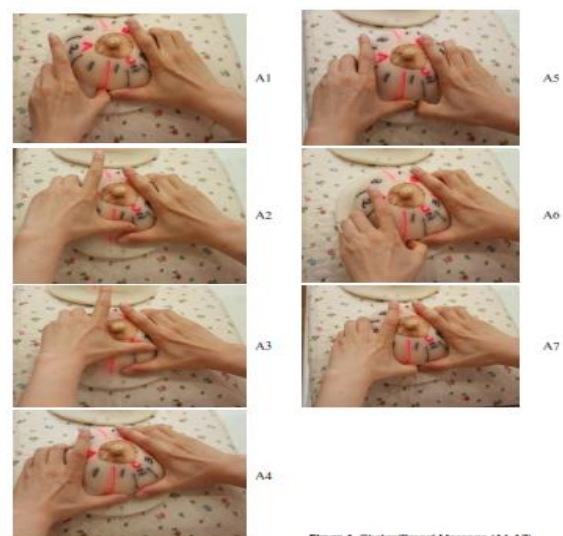


Figure 1. Oketani Breast Massage (A1-A7)

Midwives participate and play an active role in the implementation of training provided by expert instructors. Oketani massage therapy training uses a breast phantom first before implementing it directly to postpartum mothers. Therefore midwives are able to implement the knowledge and skills obtained in Oketani massage therapy training. Midwives implement directly to postpartum mothers 3 consecutive days in the morning and evening for 30 minutes according to the standard operating procedures that have been taught.

The results obtained after giving Oketani Massage were that the mother said the pain in her breasts had begun to decrease, the breasts felt more comfortable and the frequency of breastfeeding increased ≥ 8 times a day or every 2-3 hours the baby was given breast milk. In infants, the results obtained are the frequency of breastfeeding is more frequent and the baby sleeps better.

Oketani massage is a breast treatment that is still new in Indonesia, so it is rarely heard of and this skill is carried out by midwives.

PMB Wahyuni is an independent midwife practice that has dozens of patients who breastfeed every month. PMB Wahyuni has not implemented this Oketani massage and has just received socialization on this oketani massage technique, because previously it only used conventional breast care. Midwives at PMB Wahyuni are willing to apply the oketani massage technique to postpartum mothers. Midwives have also been able to carry out oketani massage therapy for postpartum mothers as the main breast care which is carried out every day in the morning and evening. This is done so that post partum mothers feel the comfort and satisfaction they get at PMB Wahyuni.

CONCLUSION

Health education activities can increase midwives' knowledge about breast care, especially the benefits of oketani

massage for postpartum mothers. Oketani massage training activities can improve midwives' skills regarding breast care with Oketani massage therapy for postpartum mothers. This has an impact on midwives being able to implement their knowledge and skills regarding breast care through the Oketani massage technique for postpartum mothers, especially with problems when breastfeeding.

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