

## Nursing Strategy to Protect Post-Partum Mothers from Covid-19 at RS TK II Pelamonia

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### ABSTRACT

*Postpartum is the period from a few hours after the birth of the placenta to 6 weeks after delivery. Covid-19 is an infectious disease caused by a new type of corona virus. The purpose of the study was to know the nursing strategy to protect post partum mothers from covid-19 at the Pelamonia TK II Hospital. This study uses a descriptive type of research with cross sectional. Sampling using non-probability sampling technique with simple random sampling method, there are 55 respondents. Data collection was carried out using a questionnaire. The results of the univariate analysis showed an overview of breastfeeding, prevention of postpartum complications, postnatal education and COVID-19. Conclusions based on the research that the researchers did above, here it can be seen that pregnant women are very susceptible to being affected by covid-19 and this is a problem that can threaten both mother and baby. So with this researcher, I conclude that this covid-19 disease is a new threat for postpartum mothers, therefore it is necessary to be aware of it and also need to do early prevention so that maternal and infant mortality does not occur, therefore I hope some have become research that can be applied and also in the future can be developed into further research.*

**Keywords :** Post Partum Mother, Covid-19

### INTRODUCTION

Based on WHO data as of May 16, 2021, the Indonesian government has reported 1,739,750 people with Covid-19, which has been confirmed that there have been 48,098 Covid-19-related deaths. Around 1,600,857 were declared cured. WHO is also working with the government to monitor the situation and prevent its spread. The Ministry of Health of the Republic of Indonesia has taken action to deal with efforts to deal with Covid-19 in Indonesia (WHO, 2021). During the Covid-19 pandemic, activities to achieve the target of reducing maternal and newborn deaths must continue to be carried out by the Ministry of Health related to preparing rules for handling childbirth in hospitals to prevent transmission of Covid-19 to maternity mothers. During this pandemic, Covid-19 referral hospitals are required to carry out maternal and neonatal services by paying attention to isolation precautions for all patients, including reducing air transmission, performing actions in the operating room with negative pressure if any or modifying air flow, and having personal protective equipment. (PPE) according to standards for health workers who provide maternal and neonatal services (Kemenkes, 2020).

Postpartum is the period from a few hours after the birth of the placenta to 6 weeks after delivery. The postpartum period begins after the birth of the placenta and ends when the uterine organs return to their previous state which lasts approximately 6 weeks. The postpartum period is the period after a mother gives birth to a baby and the recovery period for her health generally takes around 6-12 weeks (Marmi 2017).

Based on research by Sara Molgor et al (2020), related to the impact of the pandemic emergency on postpartum mothers, it was revealed that a higher percentage of women experienced psychological well-being problems, pressure and a significant impact on women's health in addition to several variables related to social demographics, medical and pandemics, especially the lack of presence and support from family members. Couples during labor and the first days postpartum were found to have mental health problems (Molgora, Ambrosi, and Pavia, 2020).

According to research by Rennie Negro et al (2014), it is identifying the acceptance of instrumental support as important for their physical and emotional recovery. Support from spouse and family is expected and many women believe that this support should be

provided without being asked (Negron et al, 2014).

Mothers who are separated from their babies at birth due to the potential for COVID-19 which limits their ability to start breastfeeding, the fear of the virus, the uncertainty triggered by the pandemic and the lack of support for breastfeeding in hospitals after delivery. In addition to potential barriers to lactation support in hospital and immediately after delivery, mothers also said the lack of peer and family support due to Covid-19-related visitation restrictions, and the isolation of mothers who had just given birth could adversely affect continued breastfeeding. Increased acceptance of knowledge about breastfeeding which is very beneficial for the baby's immunity but many also say that breastfeeding is an additional stressor for parents during the pandemic (Schindler-Ruwisch and Phillips, 2021).

The prevalence of maternity mothers who experience perineal rupture in Indonesia in the age group of 20-35 years is 24%, while in women giving birth aged 36-39 years it is 62% (Alin P, 2011 in Afandi, 2014). In the city of Makassar, maternal MMR has increased over the last three years, namely in 2014 it increased from the previous year which was 20.33% compared to 2013 which was 16.27 and in 2012 which was 8.32% per 100,000 live births. The causes of death include bleeding, eclampsia/preeclampsia, and infection (Makassar City Health Profile, 2014). It is estimated that 80% of mothers who give birth are able to produce milk in sufficient quantities for the needs of their babies in full without additional food. For the first six months. Even mothers who are malnourished can often produce enough breast milk without additional food for the first three months (Rumah et al. 2017).

Breastfeeding without other food is called exclusive breastfeeding. Furthermore, the baby needs to get complementary foods, and then breastfeeding is continued until the child is two years old. Breast milk is a nutritious food so it does not require additional composition. Besides, breast milk is easily digested by the baby and absorbed

immediately. The postpartum period is a period of recovery for the mother's condition. During the puerperium, the perineal wound must receive good treatment so that infection does not occur because improper perineal care can result in the perineal condition being exposed to lochia and humidity which will greatly support the proliferation of bacteria that can cause infection in the perineum. (Nani and Makassar 2017).

The emergence of infection in the perineum can spread to the urinary tract or in the birth canal which can result in the emergence of complications of bladder infection or in the birth canal. Slow handling of complications can lead to postpartum maternal death considering that the mother's condition is still weak (Manuntungi et al. 2019)

It was also found in the community that one of the reasons why many mothers do not want to breastfeed their children is that breastfeeding does not occur due to the mother's ignorance about how to take care of breasts both pre and postpartum. For this reason, it is necessary for health workers to provide counseling about breastfeeding and the related factors in it. Based on the data obtained at the Sheikh Yusuf Hospital Gowa Regency that the number of postpartum mothers was during the January-December 2017 period was 230 people. And postpartum mother breast care is rarely done due to limited personnel (Data Hospital. Syeh Yusuf, 2017). Therefore, researchers are interested in examining the effect of breast care on increasing breast milk in postpartum mothers at Syeh Yusuf Hospital, Gowa Regency. (Rahmatia et al. 2019).

## **METHOD**

### **Location, Population, Sample**

The research method used for this research is simple random sampling method which is where the sample selection is not done randomly. Non-probability sampling produces unequal opportunities for individuals in the population to be selected as samples. Population is the entire object of research consisting of humans, objects, animals, plants, symptoms of test scores, or events as data sources that have certain characteristics in a

study. The sample in this study was a total of 55 samples.

**a. Inclusion Criteria**

1. Postpartum mothers who have no indication of certain diseases
2. Postpartum mothers who are willing to take part in the full study by signing the readiness sheet to become respondents
3. Postpartum patients who are treated in the PNC room who have anatomical disorders in the breast

**b. Exclusion Criteria**

1. Postpartum mother who is not cooperative
2. Postpartum mothers whose babies have disorders / abnormalities

**Data collection**

Primary data is data collected by the researcher himself using a questionnaire consisting of several questions that have been provided by the researcher to the respondents. Secondary data is data taken from a source and usually the data has been compiled in advance by the agency or data owner. Secondary data in this study were obtained from the TK II Pelamonia Hospital

**Data analysis**

**Univariate Analysis**

Univariate analysis is an analysis to describe variables, is an analysis that is carried out to analyze each variable from the results of the study. Univariate analysis serves to summarize the data set of measurement results in such a way that the data set turns into useful information. The summary can be in the form of statistical measures, tables, graphs.

**RESULTS**

**Univariate Analysis**

**Table 1.** Frequency distribution based on the characteristics of respondents in the TK II Pelamonia Hospital June 2021 (n=55)

Characteristics	n	%
Age		
20-30 years old	47	85.5
31-40 years old	7	12.7
41-50 years old	1	1.8

Occupation		
Diploma	6	10.9
Graduate	3	5.5
Housewife	46	83.6
Educational Background		
Junior High School	2	3.6
Senior High School	44	80.0
Diploma-III Midwifery	6	10.9
Bachelor of Science in Nursing	3	5.5

In Table 1, shows the frequency distribution based on the characteristics of the respondents, the results of the study show that the age of the respondents is 20-30 years as many as 47 people (85.5%), 31-40 years as many as 7 people (12.7%) and 41-50 years as many as 1 person (1.8 %). From the results of the table, most of the respondents were 20-30 years old.

Obtained an overview of the research results of respondents' occupations, namely diploma as many as 6 people (10.9%), strata as many as 3 people (5.5%) and household members as many as 45 people (83.6%). From the results of the table obtained most of the respondents work housewife.

The results obtained from the education research of respondents are 2 people (3.6%), high school 44 people (80.0%), Diploma-III 6 (10.9%) and graduate as many as 3 people (5.5%). From the results of the table obtained most of the respondents are high school education.

**Table 2.** Frequency distribution of respondents based on breastfeeding mothers in TK II Pelamonia Hospital

Criteria	Frequency	Percentage (%)
No	5	9.1
Yes	50	90.9
Total	55	100.0

Based on the Table 2 above, of the 55 respondents (100%) studied, it is known that 50 respondents who breastfeed (90.9%) and 5 respondents who do not breastfeed (9.1%).

**Table 3.** Frequency distribution of respondents based on prevention of postpartum complications at TK II Pelamonia Hospital

Criteria	Frequency	Percentage (%)
No	5	9.1
Yes	50	90.9

Total	55	100.0
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Based on the Table 3 above, of the 55 respondents (100%) studied, it is known that 50 respondents (90.9%) experienced complications prevention and 5 (9.1%) respondents did not experience complications.

**Table 4.** Frequency distribution of respondents based on postnatal education at TK II Pelamonia Hospital

Criteria	Frequency	Percentage (%)
No	7	12.7
Yes	48	87.3
Total	55	100.0

Based on the Table 4 above, of the 55 respondents (100%) studied, it is known that respondents who received postnatal education were 48 people (87.3%) and respondents who did not receive postnatal education were 7 people (9.1%).

**Table 5.** Distribution of respondent frequency based on covid-19 at TK II Pelamonia Hospital

Criteria	Frequency	Percentage (%)
Non-Reactive	55	100.0
Total	55	100.0

Based on Table 5 above, of the 55 respondents (100%) studied, it was found that 55 respondents were non-reactive with COVID-19 (100.0%).

## DISCUSSION

### 1. Age

Based on the results of the study, it can be seen in the table above, the results show that the age of the respondents is greater at the age of 20-30 years as many as 47 people with a percentage of 85.5%. Age is a picture of a person in determining everything from his life. Age is very influential on capturing power so that knowledge what you get will get better with age (Atik, 2020).

### 2. Education

The majority of respondents' education is senior secondary education, amounting to 44 people with a percentage of 80.0% that Senior High School. The higher a person's education, the easier it is

for that person to receive information and with higher education, the wider the knowledge he has (Atik, 2020).

### 3. Occupation

Moreover, majority of respondents do not work housewife as many as 43 people with a percentage of 83.3% in this study. Work experience will provide knowledge and skills as well as learning experiences that can develop ability in making decisions. From this, there is a match between the results of the characteristics of respondents according to work (Fatwiany, 2020).

### 4. Breastfeeding

Breastfeeding is a natural human process in maintaining and continuing the survival of their offspring. The organs in a woman are the main source of life to produce breast milk which is the most important source of baby food, especially in the first months of life. The development of the times has brought changes to human life, with the increase in science and technology that is increasingly rapidly making human knowledge to know the importance of breast milk for the baby's life. Breastfeeding is a knowledge that has existed for a long time which has an important role in maintaining human life (Susi Utami & Mutiara Intan 2020)

Based on Table 5.2 above, it shows that of the 55 respondents (100%) studied, it is known that 50 respondents who breastfeed (90.9%) and 5 respondents who do not breastfeed (9.1%).

From the results of this study, researchers assumed that mothers who breastfeed are very much compared to mothers who do not breastfeed.

### 5. Prevention of postpartum complications

The puerperium is a period that is quite important for health workers to always carry out monitoring because implementation that is not optimal can cause mothers to experience various problems, it can even continue to

complications during the puerperium such as puerperal sepsis. Two after the bleeding so it is very appropriate if health workers pay high attention to this period (Atik, 2020).

Based on Table 5.2 above, it shows that of the 55 respondents (100%) studied, 50 respondents (90.9%) experienced postpartum complications prevention and 5 (9.1%) respondents who did not experience postpartum complications prevention.

From the results of this study, the researchers assumed that to prevent postpartum complications, the mother really needed guidance from the nurses in order to prevent the occurrence of postpartum complications.

## 6. Postpartum education

Better health knowledge can be obtained through health education information that can change healthy living behavior. Health counseling during this pandemic can be done online regarding the danger signs of the puerperium and newborns. Postpartum mothers are afraid to visit health facilities so that they are afraid of having an impact on the health of the mother and baby due to the mother's lack of knowledge in health checks during this pandemic. The intervention strategy that can be carried out in the first stage is health education. Health education is an activity that aims to improve the health and actualization of the community through changes in knowledge, attitudes and skills. Health education is an integral part of the role of Health Workers in promoting activities, preventing disease and maintaining optimal health (Noftalina 2021).

Based on Table 5.4 shows that of the 55 respondents (100%) studied, it is known that 50 respondents (90.9%) received postnatal education and 5 (9.1%) respondents who did not receive postnatal education.

From the results of this study, researchers assume that postpartum mothers really need support from their

families and husbands so that mothers do not experience excessive worry because it will have a bad impact on the health of the mother and baby.

## 7. COVID- 19

Based on WHO data as of May 16, 2021, the Indonesian government has reported 1,739,750 people with Covid-19, which has been confirmed that there have been 48,098 Covid-19-related deaths. Around 1,600,857 were declared cured. WHO is also working with the government to monitor the situation and prevent its spread. The Ministry of Health of the Republic of Indonesia has taken action to deal with efforts to deal with Covid-19 in Indonesia (Who 2021)

During the Covid-19 pandemic, activities to achieve the target of reducing maternal and newborn deaths must continue to be carried out by the Ministry of Health related to preparing rules for handling childbirth in hospitals to prevent transmission of Covid-19 to maternity mothers. During this pandemic, Covid-19 referral hospitals are required to carry out maternal and neonatal services by paying attention to isolation precautions for all patients, including reducing air transmission, performing actions in the operating room with negative pressure if any or modifying air flow, and having personal protective equipment. (PPE) according to standards for health workers who provide maternal and neonatal services (Kemenkes 2020).

Based on Table 5.5 shows that of the 55 respondents (100%) studied, 55 respondents who were non-reactive with COVID-19 (100.0%) were known. From the results of this study, the researchers assumed that for postpartum mothers who took the Rapid Test and RT- PCR is all non-reactive.

## CONCLUSION

Conclusions based on the research that the researchers did above, here it can be seen that postpartum mothers are very susceptible to

being affected by covid-19 and this is a problem that can threaten both mother and baby. So with this researcher, I conclude that this covid-19 disease is a new threat for postpartum mothers, therefore it is necessary to be aware of it and also need to do early prevention so that maternal and infant mortality does not occur, therefore I hope some have become research that can be applied and also in the future can be developed into further research.

### ACKNOWLEDGEMENT

The author would like to thank the lecturers and all staff at Health Polytechnic of Makassar, STIKES Nani Hasanuddin Makassar for their guidance and direction, to parents, colleagues, friends, relatives and various parties, especially participants in this study who cannot be mentioned one by one, the authors say thank you for every prayer and help given. For RS TK II Pelamonia who has facilitated as a research location until it is finished.

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