

Early Pregnancy Examination Education as an Effort for Delivery Complications

Imelda Iskandar¹, Dewiyanti², Suradi Efendi³, Nour Sriyanah⁴

^{1,3,4} Sekolah Tinggi Ilmu Kesehatan Makassar

² STIKES Tanawali Takalar

ABSTRACT

Antenatal care is defined as health services provided to pregnant women by family members or midwives during the entire pregnancy. Care during pregnancy is important for the proper growth and development of the baby. Prenatal care helps reduce or prevent adverse outcomes during pregnancy. Poor antenatal care causes low birth weight babies, premature babies, neonatal deaths, birth complications etc. It is also effective in reducing maternal morbidity that occurs due to poor health, an unhygienic environment, poor nutrition and lack of medical facilities. Maternal Mortality Rate (MMR) is the number of maternal deaths that occur during pregnancy, childbirth, postpartum caused by emergency complications, either directly or indirectly. Factors that cause maternal death can be broadly grouped into direct and indirect causes. One of the efforts to accelerate the reduction of maternal and newborn mortality is through increasing access and quality of antenatal care, delivery assistance, prevention of complications and family planning by midwives, better known as the Childbirth Planning and Complications Prevention Program (P4K) programmed by the Indonesian Ministry of Health. The method of this community service is the counseling method in the form of direct presentation of lecture material to pregnant women and distributing questionnaires to assess the level of knowledge of mothers related to early pregnancy checks in an effort to prevent childbirth complications that occur in pregnant women. The importance of disseminating information related to antenatal care for the prevention of complications during delivery is very important for pregnant women to reduce maternal and infant mortality.

Keywords: Knowledge, Pregnant Women, Prevention Of Childbirth Complications.

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INTRODUCTION

Pregnancy is the growth and development of the intrauterine fetus starting from conception and ending until the onset of labor. Pregnancy involves physical, emotional and social changes for the mother. The normal duration of pregnancy is 280 days (40 weeks or 9 months 7 days) calculated from the first day of the last menstrual period. The fetus in the womb develops with gestational age if under proper supervision it can cause problems in pregnancy, childbirth and postpartum to cause maternal and infant death. The health development program in Indonesia still prioritizes efforts to improve the health status of mothers and babies, especially in the groups with the most health ranges, namely pregnant women, during childbirth and babies during the perinatal period, this can be seen from the high maternal mortality rate and infant mortality rate (nur komariah). sagita muthia, khoiriyah ilmi hana, 2018)

Maternal Mortality Rate (MMR) is one indicator that can be measured to determine the success of maternal health development. Maternal Mortality Rate (MMR) is the number of maternal deaths that occur during pregnancy, childbirth, postpartum caused by emergency complications, either directly or indirectly (lestari dwi yusri, 2022)

South Sulawesi is one of the provinces with a fairly high contributor to maternal and infant mortality. The number of maternal deaths in South Sulawesi Province in 2015 was reported as 149 people, in 2016 it rose to 153 people, in 2017 it decreased to 115 people, in 2018 it rose again to 139 people, and in 2019 it was reported as many as 144 people or 94.29 per 100,000 live births. While the number of infant deaths in 2015 was reported as 332 babies, in 2016 there was a very high increase of 1179 babies, in 2017 as many as 1059 babies, in 2018 as many as 1037 babies, and in 2019 by 919 babies or 6.02 per 1,000 births. life (adiatma, ibnas risnawati, 2022)

Factors that cause maternal death can be broadly grouped into direct and indirect causes. The direct causes of maternal death are factors related to complications of pregnancy, childbirth and the puerperium such as bleeding, pre-eclampsia/eclampsia, infection, obstructed labor and abortion. Indirect causes of maternal death are factors that aggravate the condition of pregnant women such as 4 too, and factors that complicate the process of handling emergency pregnancy, childbirth, and postpartum, such as approximately 65% of pregnancies that occur related to 4 too, too young (age less than 20 years old), too old (more than 35 years old), too often give birth (less than 2 years of gestation), and too many (more than 3 children). Maternal mortality is also caused by basic factors such as limited knowledge, education level, socioeconomic status, and decision-making at the household level. Improving maternal health means increasing the creation of a smart next generation. There are still many pregnant women who do not pay attention to nutritional intake, so that their children are born in a worrying condition {Formatting Citation}

The cause of maternal death also occurs due to poor and proper handling, the presence of a factor of three late (3T), namely being late in recognizing danger signs, being late in referring and being late in getting optimal services. This factor is an indirect cause, but is a fundamental cause of maternal mortality. The first delay in referring which must be prevented immediately so as not to cause subsequent delays,

namely being late in making family decisions and being late in recognizing danger signs in pregnancy (Respati Hari Supriyadi, Sulistyowati Sri, 2019)

Pregnant women need to be informed about the presence of High Risk in pregnancy, this can be done by screening or early detection of risk factors for pregnant women proactively, this screening is carried out as early as possible in early pregnancy or first trimester by health workers and non-health workers who are trained in the community (Susanti, 2020)

One of the efforts to accelerate the reduction of maternal and newborn mortality is through increasing access and quality of antenatal care, delivery assistance, prevention of complications and family planning by midwives, better known as the Childbirth Planning and Complications Prevention Program (P4K) programmed by the Indonesian Ministry of Health. (Anita et al., 2022) . Efforts to reduce maternal and infant mortality can be done by increasing the coverage and quality of maternal and child health services. One of the efforts made is to bring the reach of health services closer to the community through the delivery planning and complication prevention (P4K) program which requires the support of the involvement of families, cadres, the community, and health workers. Through P4K activities, mothers, families and the community are empowered to increase their independence, among others by planning childbirth and knowing the danger signs in pregnancy, childbirth and postpartum as well as utilizing the MCH handbook (maternal and child health book). Maternal and child health services through delivery planning and complication prevention (P4K) programs (Ariani antri, Destyana adelia, 2022) . The purpose of P4K is to increase the coverage and quality of services for pregnant women and newborns through increasing the active role of families and communities in planning safe deliveries and preparing for obstetric complications and danger signs for mothers so that they give birth to healthy babies (Himalaya dara, 2020)

Early detection of danger signs of pregnancy is very necessary as an effort to reduce MMR. Management of early detection can be carried out in accordance with the competency standard of midwives No. 369/MENKES/SK/III/2007, the second competency is to carry out routine pregnancy checks on health workers at least 4 times during pregnancy, namely 1 time in the first trimester, once in the second trimester, and 2 times in the third trimester. The standard Ante Natal Care (ANC) consists of 14 T, where counseling for pregnant women is in the 13th order, namely increasing knowledge of pregnant women (counseling) such as nutritious food for pregnant women, danger signs of pregnancy, instructions so that there is no danger at the time of delivery. pregnancy and childbirth (Febrina, 2021) . ANC is the implementation of promotive and preventive efforts in health services. This effort needs to be gradually pushed as much as possible so that it can be carried out at primary level health care facilities including Puskesmas (Hendrawan Harimat, Lestari Heny, Friskarini Kenti, 2018)

Maternity Health Services aims to fulfill the right of every pregnant woman to obtain quality health services so that she is able to undergo a healthy pregnancy, give birth safely, and give birth to a healthy and quality baby (Ariestanti et al., 2020).

METHODE

The method of this community service is the counseling method in the form of direct presentation of lecture material to pregnant women and distributing questionnaires to assess the level of knowledge of mothers related to early pregnancy checks in an effort to prevent childbirth complications that occur in pregnant women. The number of samples in this study were 19 pregnant women.

RESULTS AND DISCUSSION

Community service activities carried out in the form of counseling with the aim of increasing knowledge of pregnant women regarding early pregnancy checks in an effort to prevent childbirth complications by using the lecture method, namely the delivery of material that explains about complications that are often experienced during childbirth and early treatment in knowing childbirth complications.

Table 1. Distribution of knowledge of pregnant women on early examination in an effort to prevent complications in childbirth.

Knowledge Category	Pre-Test		Post Test	
	n	%	n	%
Not enough	14	73.7	2	10.5
Well	5	26.3	17	89.5
Amount	19	100	19	100

Data Source: Primary 2022

The table above shows that before the education was carried out, there were 14 people (73.7%) of pregnant women who lacked knowledge, while 5 people (26.3%). So counseling about early pregnancy checks in an effort to prevent childbirth complications is very important and after the counseling, it was found that the knowledge of pregnant women was still lacking as many as 2 people (10.5%) while pregnant women who had good knowledge increased as many as 17 people. (89.5%). So it can be concluded that there is an increase in knowledge gained by pregnant women regarding early pregnancy checks as an effort to cause childbirth complications.

According to (Ariesetyawati Erlina, Mudayatiningsih Sri, 2018) the factors that influence the level of knowledge include education, occupation, age, interests, experience, culture of the surrounding environment and information. Education means the guidance given by someone to others on something so that they can understand. It is undeniable that the higher a person's education, the easier it is for them to receive information, and in the end the more knowledge they have. On the other hand, if a person has a low level of education, it will hinder a person's level of knowledge of the acceptance, information and values that have just been introduced.

In accordance with the theory, knowledge is an indicator of a person in carrying out an action. The level of knowledge of a pregnant woman about the importance of

antenatal care in preventing and early detection of obstetric health problems affects her thinking patterns about ANC visits. For mothers who have a high level of knowledge, antenatal visits are not just to fulfill obligations, but become a necessity. So that the higher the level of knowledge of pregnant women, the higher the frequency of ANC visits carried out (Dini & Merlina Erlin, 2021)

literature review on P4K proves that knowledge of pregnant women determines compliance in implementing the Childbirth Planning and Complications Prevention (P4K) Program. (Ulfah, Sonda Maria, 2020) The better knowledge of pregnant women will be followed by increased compliance in implementing P4K, on the contrary, the lower the knowledge of pregnant women, the lower the compliance. This requires health workers to provide complete information about the importance of P4K.

Table 2. Distribution of History of Pregnant Women with Complications

History of complications	n	%
Experiencing complications	12	63.2
No complications	7	36.8
Amount	19	100

Data Source: Primary 2022

In the table above, there were 12 people (63.2%) who had complications during delivery, while 7 people did not experience complications (36.8%), so it is important to have a health check in order to avoid the risk of complications at the time of delivery. labor. With this community service, pregnant women can increase their knowledge about antenatal care efforts to control their health so as to minimize the increase in maternal and infant mortality at the time of delivery and childbirth complications in pregnant women.



Figure 1. Activity Documentation

The importance of disseminating information related to antenatal care for the prevention of complications during delivery is very important for pregnant women to reduce maternal and infant mortality.

CONCLUSION

This community service as a whole is very effective, so that an increase in knowledge is obtained after counseling on antenatal care from an early age as an effort to cause birth complications.

Thank-you note

We thank Allah SWT for His grace so that we can carry out this useful activity to increase knowledge for pregnant women, we also thank pregnant women for their support and participation in this community service activity.

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