

Optimization of Health Cadres in Postpartum Maternal Management

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ABSTRACT

Training of health cadres in postpartum maternal management has a crucial role in ensuring the health and well-being of mothers after childbirth. Postpartum mothers face a variety of physical and emotional changes that require proper attention and care. The training aims to increase the knowledge of cadres in the management of postpartum mothers. The method offered is to conduct socialization and knowledge improvement training for health cadres. This training covers important aspects such as understanding of postpartum physical changes, danger signs to watch out for, providing episiotomy or cesarean wound care, pain management, promotion of breast milk, as well as communicative and empathetic approaches in providing emotional support to postpartum mothers. This training also encourages health cadres to play a role as disseminators of health information that can help postpartum mothers in making informed decisions regarding self-care and their babies. Health Cadres are able to provide accurate information and provide comprehensive initial care to postpartum mothers in the community. This training also has a positive impact in reducing the number of postpartum complications, increasing exclusive breastfeeding, and increasing awareness of postpartum mothers to danger signs that require further medical attention. Result: increased knowledge of health cadres in the management of postpartum mothers. Conclusion: this training is able to increase the knowledge of health cadres in postpartum maternal management

Keywords: Health Cadres; Post Copy; Empowerment

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INTRODUCTION

The Maternal Mortality Rate (MMR) in Indonesia is still far from the target of the Sustainable Development Goals. Indonesia targets MMR to decrease to 183 per 100,000 live births (KH) by 2024 and less than 70 per 100,000 KH by 2030. This condition indicates the need for more strategic and comprehensive efforts because to achieve the 2024 target, at least a reduction in maternal mortality rate of 5.5% per year is needed. Based on 2017 data, the Infant Mortality Rate (AKB) in Indonesia is 24 per 1,000 KH, still quite far from the 2024 target, which is 16 per 1,000 KH (Ministry of Health Strategic Plan 2020–2024). Strategic and comprehensive efforts to suppress MMR and AKB at least include efforts to prevent and reduce the risk of death. The Planning and Prevention of Childbirth Complications (P4K) program implemented throughout Indonesia since 2008 has not always contributed greatly to efforts to reduce MMR and AKB in Indonesia.(Putranto, 2013; Kemenkes RI., 2016)

Childbirth is a physiological condition for a mother that can cause trauma. This condition will determine the next life for the continuity of baby management. The impact of postpartum trauma can cause depression as a result of changes from postpartum.(Ningrum, 2017a) Postpartum changes are influenced by role changes, hormonal changes, maternal parity, fatigue factors and the coupling mechanism and family social support. Changes that occur will affect the physiological processes of the body as an adaptation process for postpartum mothers. The above can cause the condition of postpartum mothers to experience sadness, stress due to uncomfortable experiences and perceptions.(Fay, 1967; Freeman, 2004; Ningrum, 2017b)

The postpartum period is the healing period after nine months of pregnancy and childbirth. This is the phase that a mother goes through after giving birth to her child and lasts for about six weeks. The release of breast milk (breast milk) or lactation is an indicator of physiological changes experienced by postpartum mothers at this time. Breast milk has an important role for newborns up to around the age of six months, because it has a very complete and optimal nutritional composition to support the growth and development of babies(Wardani, 2012)

One of the steps taken to increase the flow of breast milk is through breast care efforts. Breast care refers to a series of care measures performed by the mother postpartum or with the help of others, starting on the first or second day after delivery. The goal is to keep the breasts clean and well-groomed. This treatment action has a beneficial impact in influencing(Fatrin., T, 2019; Maryatun, Wardhani and Prajayanti, 2019). The hormone prolactin affects the amount of milk produced, while the hormone oxytocin affects milk production. The implementation of proper and regular care will make it easier for babies to consume breast milk(Doko, Aristiati and Hadisaputro, 2019)

The importance of proper and regular breast care plays a role in increasing milk production. Breast care steps should be started as soon as possible, namely within 1-2 days after the birth of the baby, and done twice a day. This breast care process includes breast massage, breast emptying, breast compression, and caring for nipples Mothers who are breastfeeding after giving birth often face several challenges, including problems such as nipple irritation, breast swelling, mastitis or abscess in the breast, finding the right and comfortable breastfeeding position, pain in the nipple, blockage of the milk ducts, and infection of the breast. Taking care of the breasts during breastfeeding has important benefits in preventing and managing potential problems that may arise in the breasts. By taking careful care of the breasts, the breastfeeding experience can be more pleasant and positive for both mother and baby(Wibawati, 2020; Multidisiplin, 2022)

In Jetis Village, there are a number of mothers who often experience breast swelling, poor milk discharge, and less prominent nipples. This is due to lack of breast care during the puerperium. Because of this problem, health education is needed to educate about the importance of breast care during the puerperium. This community service activity was carried out in Jetis Village, Sukoharjo Regency. The target of this activity is health cadres living in Jetis

Village, with a total of 11 people, and they are willing to receive counseling (health education) about the importance of breast care during the puerperium. The goal is that health cadres in the Jetis village area have knowledge of postpartum maternal management in an effort to increase breast milk. In order to achieve the goals of sustainable health development, the training of health cadres in the management of postpartum mothers needs to be improved and supported by various relevant parties, including health agencies, local governments, and community organizations. Thus, the training of health cadres can be an effective agent of change in improving the quality of care and well-being of postpartum mothers in various communities. Problems: (1) Community empowerment for postpartum maternal management does not yet exist (2). Health cadres have never received training in improving the health sector in postpartum maternal management.

Solutions offered: The solutions offered in this service activity are (1). Postpartum maternal management training (2) . Newborn management exercises (3). Make the community care about maternal and child health (4). Provision of maternal and child health facilities. External Targer: (1) Health cadres receive simple training in assisting the management of postpartum mothers. (2) There are facilities for cadres in assisting the implementation of assistance in the community in socializing postpartum maternal management activities

METHOD

The above activities are planned to be carried out with an approach; Focus Group Discussion (FGD), training, mentoring and ending with evaluation and monitoring. The application of the above model in this activity is applied Community / Group Empewerment model. The community/group empowerment model is basically an effort to arouse/grow the participation of individuals in the community/group to act as coordinators for group members in need. The advantages of this model, if managed properly and obtained by individuals who do have high commitment, the sustainability of the program is more guaranteed By paying attention to the reach, level of sustainability and investment needed, the model pemberdayaan The community / group is a very strategic choice to be developed optimally in the Jetis sub-district area in posyandu management. Implementation of Community Service activities in 2023 in realizing a Healthy village through Posyandu in the management of Postpartum Mothers:

1. Socialization. The community / group is a very strategic choice to be developed optimally in the Jetis sub-district area in posyandu management. Implementation of Community Service activities in 2023 in realizing a Healthy village through Posyandu in the management of Postpartum Mothers:
2. Jetis Village Posyandu Cadre Training Socialization and knowledge improvement exercises for health cadres in Jetis Village are carried out in coordination with the village as the person in charge
3. Assistance of Posyandu Cadres in the implementation of Postpartum Maternal Management Postpartum Maternal Care Community as an effort of the jogo tonggo movement. This activity is evidence of concern to help provide assistance in knowledge by providing information. Activities in this community solicit questions carried out through sending messages through WA groups. This community will be assisted by video, audio, posters or motivational explanations. The Community Service proposer team is responsible for activities and helps provide answers in community groups. This learning also provides good benefits for posyandu cadres in increasing knowledge. The provision of Posyandu facilities is expected to be able to provide better management,
4. Monev (Monitoring Activity Evaluation)
Monitoring of activity evaluation will be carried out every 3-month period to get an overview of the success of the programs that have been run. Monev will be carried out

annually in order to obtain an assessment of the program of activities. It is expected that this money will be able to measure the success rate in providing increased knowledge for health cadres. Money will also be implemented against the method developed by the proposer, so that if the method applied is not appropriate it will be an evaluation for the next step

RESULTS AND DISCUSSION

Results of Community Service Implementation PPDM (Partner Village Development) True Post Jetis Village, Sukoharjo District, Sukoharjo Regency

Table 1 Percentage of knowledge of Health Cadres

No	Knowledge	Pre	
		Activity (%)	Post Activity (%)
1	Breast care techniques		
	1. Good	28.6	85.7
	2. Not good	71.4	14.3
2	Oxytocin Massage Techniques		
	1. Good	0.0	42.9
	2. Not good	100.0	57.1
3	Payuda Wound Care Techniques ra		
	1. Good	42.9	64.3
	2. Not good	57.1	35.7
4	Correct Breastfeeding Techniques		
	1. Good	50.0	64.3
	2. Not good	50.0	35.7

Table 1 provides an overview of the results of training conducted by health cadre mothers after training 2 times postpartum maternal management during April to May showing increased knowledge

Documentation of community service activities



Picture 1 : Baby Massage Training for Health Cadres



Figure 1 : Oxytocin Massage Training for Health Cadres

Discussion

Childbirth is a physiological condition for a mother that can lead to trauma. This condition has a significant impact at a later stage in the management of the baby. The effects of postpartum trauma can lead to depression due to changes that occur after childbirth. Postpartum changes are influenced by role changes, hormonal changes, maternal parity (number of children born), fatigue factors, as well as social support and coupling mechanisms in the family. These changes can affect the physiological adaptations of the mother's body after giving birth, and this can cause the mother to experience feelings of sadness, stress due to uncomfortable experiences, and different perceptions. (Jalali *et al.*, 2022)

Health cadres are an invaluable spearhead in ensuring equitable and quality health services in the community. As the frontline, the role of health cadres in bringing health services closer to the community is very important and strategic. In every community, health cadres serve as a bridge between the community and the formal health system. They have easier access and are familiar with the surrounding environment and social dynamics. Thus, health cadres are able to bring health services directly into people's homes and daily lives, without obstacles that may arise due to distance, culture, or incomprehension. (Nurhidayah, Hidayati and Nuraeni, 2019)

Health cadres who are at the forefront have the ability to provide health education, promote healthy lifestyles, carry out early detection of diseases, and provide simple care. They also play a role in identifying specific health problems that may be faced by local communities, such as the threat of infectious diseases or malnutrition, so that they can be addressed immediately before they become more serious. (Menkes RI, 2020)

Health cadres close to health services at the forefront also contribute to increasing public awareness of the importance of maintaining health and getting regular treatment. With the active involvement of health cadres, stigma against health services can be overcome, and people will be more likely to seek care when needed. Not only that, health cadres can also assist in vaccination campaigns, immunization promotion, and other preventive health programs. Through friendly communication and understanding of local culture, health cadres help overcome communication barriers and open opportunities for people to understand the health benefits better.

Overall, health cadres who are close to frontline health services are powerful agents of change in achieving public health goals. They undertake the noble task of connecting

communities with available health services, ensuring that every individual has equal and equitable access to efforts to maintain and improve their health.(Rini, Dewi and Octaviani, 2020) In an effort to maintain and improve the welfare of mothers, the role of health cadres has a very vital role. Health cadres are individuals who act as liaisons between the community and health services. The importance of providing health cadres with specific skills in the field of maternal health has a tremendous impact in optimizing maternal health at various levels.(Kementerian Kesehatan RI, 2019)

First of all, health cadres trained in maternal health will be able to provide accurate and relevant information to mothers in the community. They can provide education on proper prenatal care, the importance of regular checkups during pregnancy, balanced nutrition, and danger signs during pregnancy. With the right knowledge, mothers will be able to take the necessary preventive measures to ensure their health and that of their unborn baby.

Second, health cadres skilled in maternal health can also provide emotional and mental support to mothers in the community. They can be good listeners, provide motivation, and help overcome stress and anxiety that may be felt by pregnant or new mothers. This support is essential to maintaining a mother's mental well-being, which in turn can have a positive impact on her physical health as well.

In addition, health cadres who have specialized knowledge about maternal health can identify health risks or problems early. They can do early detection of conditions such as hypertension in pregnancy, gestational diabetes, or other complications. Quick action and proper treatment can prevent the escalation of the problem and ensure the mother gets the necessary treatment in a timely manner.

The importance of providing health cadres with skills for maternal health is also linked to awareness-raising efforts on the importance of maternal health in society as a whole. Health cadres can be agents of change that help change behavior and mindsets in the community, so that maternal health services become more prioritized.

Thus, providing specific skills to health cadres in terms of maternal health has a broad positive impact, both in education, emotional support, early detection, and mainstreaming maternal health in the community. Through their role, maternal health can be significantly improved, contributing to improved well-being and quality of life for mothers and society as a whole.

CONCLUSION

Community service training for health cadres is able to provide increased knowledge in postpartum maternal management. It is very important for cadres to be given knowledge to be able to provide simple services as an effort to empower the community through health posyandu activities.

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