

Original Research Article

Comprehensive Midwifery Care To Mrs “S” G1p0a0 Feet Slump With Hydrotherapy And Pain At One Period Of Labor With Massage Effleurage At “Bi” Clinic Cipatat West Bandung District

Uswatun Hasanah^{1)*}, Sofa Fatonah HS²⁾, Iik Sarikah ³⁾, Karwati ³⁾

¹⁾Budi Luhur Cimahi STIKes Student, ²⁾Lecturer Of STIKes Budi Luhur Cimahi, ³⁾ Mother Intan Citatah Clinic West Bandung

*Corresponding Author, E-mail: uh37345@gmail.com

ABSTRACT

Introduction. Leg swelling is an inconvenience that often occurs in the third trimester of pregnancy and can be treated with hydrotherapy to reduce discomfort to the mother. Pain associated with childbirth is one of the most intense forms of pain that a woman in labor experiences. So it requires care to reduce pain and discomfort in the labor process, the method for pain reduction is by massage effleurage. Findings at BI” Clinic from 50 pregnant women as many as 37 pregnant women (75%) experienced leg swelling discomfort. This study aims to determine the effect of the intensity of leg swelling after hydrotherapy on leg swelling in the third trimester, effleurage massage in the first stage of labor. **Methods.** The study method sed is a case study by conducting an assessment to provide care. The study subject Mrs. "S" who experienced leg swelling in the third trimester of pregnancy and was given hydrotherapy intervention for 4 days was given routinely 2 times a day with a duration of 15 minutes, in the first stage of labor she was given 2 times effleurage massage care for 15 minutes in 30 minutes. **Results & Analysis.** The results of the case study, namely Hydrotherapy, obtained an effect on reducing the level of swelling in the legs, in the first stage of labor, effleurage massage was given, after being given care there was an effect of decreasing pain levels, the mother felt comfortable and the intensity of pain was reduced. **Discussion.** The conclusion of the case study is that after hydrotherapy care, the swelling of the mother's legs decreases, then after being given effleurage massage in the first stage of labor the intensity of pain is reduced. It is recommended to remove “BI” clinic to further improve care, especially for pregnant women with swelling discomfort in the legs and care for mothers in labor with labor pains in the first stage.

Keywords: Hydrotherapy, Massage Effleurage

INTRODUCTION

Pregnancy is a condition in which a woman is carrying a fetus in her womb for nine months or as long as the fetus is in the mother's womb. During pregnancy, women will experience changes both

anatomically, physiologically and psychologically, causing discomfort during pregnancy. Most of these discomforts are related to the anatomical and physiological changes that occur and others are related to the emotional aspects

of pregnancy. Based on Masnita (2021) Pregnant women experience discomfort related to anatomical and physiological changes, one of the most common discomforts is leg swelling (Zaenatushofi, 2019).

Swollen legs are a problem that often occurs in pregnant women, usually starting to appear when pregnancy begins to enlarge in the second and third trimesters. During pregnancy it is not uncommon for mothers to experience discomfort, even though it is physiological but still needs to be given a special prevention and treatment. Edema that does not get special treatment is quite dangerous for pregnant women because it can cause disturbances to the heart, kidneys and so on, causing these organs to not function properly. Then in addition to physical changes, third trimester pregnant women will also experience psychological changes such as fear, worry, and anxiety and the worst thing is swelling of the legs that are not treated can lead to death (Rahmayanti, 2020).

Swelling that occurs in pregnancy has many interpretations, for example, 40% swelling is found in normal pregnancies, 60% swelling is found in hypertensive pregnancies (HDK) and 80% occurs in hypertensive + proteinuria pregnancies (preeclampsia-eclampsia) (Ariani, 2019).

According to the findings from February-April 2022 at the "BI" CLINIC of 50 pregnant women met, 37 pregnant women (75%) experienced Swollen Legs discomfort in TM III and the average woman did not know how to deal with it. According to the survey data of pregnant women who experience the discomfort of swollen feet, the authors take a non-pharmacological method that can reduce pain, namely by soaking in warm water which can provide benefits such as reducing the intensity of swelling in the legs, providing a sense of comfort and can also reduce anxiety levels at mild anxiety levels. and moderate experienced by pregnant women in the third trimester, this is evidenced by research conducted by Dwi (2020). Edema that does not get special treatment is quite dangerous for pregnant women because it can cause problems with the heart, kidneys and so on, causing these organs to not function properly, disrupting daily activity patterns because of the discomfort in the swollen feet. Then in addition to physical changes, Third trimester pregnant women will also experience psychological changes such as fear, worry, and anxiety and the worst thing is that swollen feet that are not treated can cause death (Rahmayanti, 2020).

The author choose the Hydrotherapy method / soak feet in warm water because

the first one is easy for the client to do, both materials and tools are very practical and easy to obtain. Giving a foot soak with warm water is done every 2x a day for 15 minutes for a period of 4 days with a water temperature of 38⁰C – 39⁰C (Aryani, 2022).

During childbirth is a physiological and psychological challenge for women. As labor draws near, it can cause fear and worry, joy and happiness. Pain associated with childbirth as one of the most intense forms of pain that is commonly experienced by a woman in labor. So it requires effective and satisfactory pain management and reduces complications in childbirth (Saragih, 2021).

According to the results of a survey at the "BI" CLINIC from February-April 2022 there were 10 mothers giving birth and 7 of them experienced labor pain problems in the first stage. One way to deal with pain during labor, especially during contractions in the first stage, was by giving massage effleurage. Massage effleurage itself is a gentle massage of the body, especially the lower back during contractions. How to do effleurage massage is to treat the patient in a semi-sitting or supine position, then place both palms on the lower back and simultaneously move in a circle or you can also use one palm in a circular

motion or in one direction (Wulandari, 2015).

Based on the description above, the author is interested in applying "Swollen feet in pregnancy in the third trimester by giving Hydrotherapy and first stage labor pain by giving Massage Effleurage".

METHOD AND ANALYSIS

This study uses a quantitative research design. Respondents in this study were pregnant women in the third trimester starting from 38 weeks and 6 days of pregnancy who had a pregnancy check-up at the "BI" Clinic. Data were collected with comprehensive midwifery care starting in the third trimester of pregnancy with complaints of swelling in the legs, during labor with labor pain in the first stage, during the puerperium, newborns to the 3rd postpartum visit.

The subjects of this study were pregnant women in the third trimester with complaints of swelling in the legs and pain in the first stage of labor, and the researchers attempted to carry out pregnancy care for discomfort in pregnant women in the third trimester with complaints of swelling in the legs from pregnancy, labor with back pain. in the first stage, postpartum and newborn. With foster midwives who act as mentors in this study.

The method used for primary data is by using the method of observation (observation), interviews (anamnesis), as well as the results of physical measurements and midwifery examination directly to the client. Secondary data is obtained for laboratory examinations, other supporting examinations (USG, X-rays, etc.) through the health data of the city and province residents, the MCH handbook as a record book of the client's progress. The subjects of the study were pregnant women in the third trimester with complaints of low back pain and back pain during the first stage of labor.

Respondents are facilitated to do Hydrotherapy to help overcome the discomfort of swelling in the feet, Hydrotherapy is carried out 2x for 15 minutes within 4 days. Massage effleurage is carried out during the first stage of the active phase of labor, which is 2 times for 15 minutes in 30 minutes. Variable observations were made by observing the decrease in swelling in the legs and the level of pain in the first stage of labor.

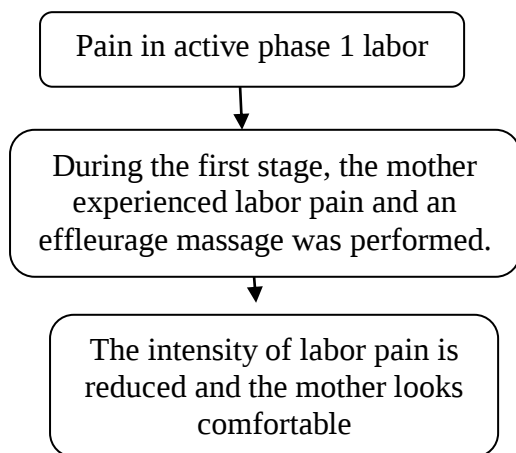
RESULT

The first time the author met the patient on February 18, 2022 at 11.00 am, the results of the examination found that

the mother had complaints of swelling in the legs. At 38 weeks 6 days of gestation, intervention was carried out with hydrotherapy twice for 15 minutes within 4 days, there was an effect on reducing the level of swelling in the legs and discomfort in the mother.

Hydrotherapy observation sheet		
Day/Date	Duration	Result
19-02-22	15 minutes 2x a day	mother said that her leg swelling is still felt
20-02-22	15 minutes 2x a day	Mom says leg swelling is reduced
21-02-22	15 minutes 2x a day	Mom says leg swelling is reduced
22-02-22	15 minutes 2x a day	Mom said the swelling of her feet was no longer felt

On February 26, 2022 at 02.00 am Mrs. S came with 40 weeks of gestation, with complaints of regular heartburn since 23.00 WIB and water has not come out, based on the results of the 7 cm opening examination, in the first stage of labor, effleurage massage care was given for 2x 15 minutes for 30 minutes. At 03.00 am, the opening is complete and the baby is born at 03.10 am.



DISCUSSION

During Mrs. "S" pregnancy, the mother felt uncomfortable due to swelling in her legs. Mrs. "S" was given Hydrotherapy care which was carried out 2x for 15 minutes in a period of 4 days with a water temperature of 38°C-39°C.

After being given Hydrotherapy care for 2x 15 minutes in a period of 4 days, it was found that the effect on the intensity of leg swelling and decreased discomfort in the mother. The author also conducts monitoring via WhatsApp with clients. Giving Foot Soak with warm water is done every 2x a day for 15 minutes with a water temperature of 38°C – 39°C.

Hydrotherapy is a treatment method using water to treat or relieve painful conditions and is a "low-tech" approach

to therapy that relies on the body's responses to water. According to previous research, namely by Lestari, et al (2019) also stated that foot soak therapy with warm water can reduce physiological foot edema in third trimester pregnant women who have not received any treatment (Magfirah, 2020).

Massage Effleurage itself is a gentle massage of the body, especially the lower back during contractions. The Effleurage method treats the patient in a semi-sitting or supine position, then places both palms on the lower waist and simultaneously moves in a circle or can also use one palm in a circular motion or in one direction. May help reduce regional pain and increase blood flow. It can aid breathing, lower blood pressure, and calm the heartbeat if done for 10 to 20 minutes per hour. Based on the previous research found that massage therapy reduces pain during stage 1 vaginal delivery more effectively and efficiently than standard care (Rifdatul, 2017).

After the effleurage massage the mother's back pain during the first stage of labor was reduced and the mother felt a little more relaxed. Massage effleurage is very effective in reducing pain in stage 1.

CONCLUSION

After comprehensive care was given to Mrs. "S" there were significant changes before and after hydrotherapy intervention was given with swelling in the legs, as well as significant changes after massage effleurage was carried out to reduce back pain in the first stage of labor.

REFERENCES

- d. Saranggih Kristiova Masnita, "Terapi Rendam Air Hangat untuk Edema Tungkai pada Ibu Hamil," *Jurnal Kebidanan*, vol. 1, p. 2, 2021.
- S. E. Zaenatushofi, "Penerapan Pijat Kaki dan Rendam Air Hangat untuk Mengurangi Oedema pada kaki Ibu hamil Trimester III di PMB S," *Jurnal Kebidanan*, vol. 1, p. 2, 2019.
- R. D. Ariani, "Asuhan kebidanan pada ibu hamil ketidaknyamanan trimester III kaki bengkak dengan terapi rendam air hangat di BPM "S" Banyubiru Kab Semarang," *Jurnal ilmiah*, p. 4, 2019.
- P. T. J. Yanti Mutiara Dwi, "Pengaruh Penerapan Pijat dan Rendam Kaki dengan air hangat terhadap edema kaki pada ibu hamil," *Jurnal Kebidanan Kestra*, vol. 2, no. 2, p. 2, 2020.
- D. H. d. Rini Rahmayanti, "Penyuluhan tentang penanganan oedema pada kaki dan kecemasan pada iu hamil trimester III dipuskesmas Air Dingin Padang," *Jurnal Adimas Madani dan lestari*, vol. 2, no. 2, p. 2, 2020.
- R. S. S. Kristiova Masnita Saragih, "Terapi Rendam Air Hangat Untuk Edema Tungkai pada Ibu hamil trimester III," *Jurnal Kebidanan*, vol. 1, p. 7, 2021.
- N. E. F. d. Farida Aryani, "Penerapan asuhan rendam air hangat pada kaki untuk mengurangi bengkak dan kram pada kaki ibu hamil," *Jurnal ilmiah permas*, vol. 12, p. 3, 2022.
- Magfirah, "Metode Massage Effleurage Terhadap Intensitas Nyeri Pada persalinan kala I," *Jurnal Kebidanan*, vol. 6, p. 2, 2020.
- Lestari, Sri, "Pengaruh Massage Effleurage terhadap perubahan tingkat nyeri pada pasien kala 1 aktif persalinan," *jurnal kesehatan*, vol. 10, p. 3, 2019.
- S. d. Marwa Anissa Rifdatul, "Perbedaan Skala Nyeri pada Kala I dan Kala II pada primigravida," *jurnal kebidanan poltekes yogyakarta*, vol. 2, no. 2, p. 3, 2017.
- P. D. N. H. Priharyanti Wulandari, "Pengaruh massage effleurage terhadap pengurangan tingkat nyeri persalinan kala 1 fase aktif pada primigravida di ruang Bougenville RSUD Tugurejo Semarang," *jurnal keperawatan maternitas*, vol. 3, p. 4, 2015.