Midwifery Health Journal, Vol 9 (No 2) 2024

Edisi Desember 2024, Page 175-182

http://ojs.stikeskeluargabunda.ac.id/index.php/jurnalkebidananjambi

MOTHER'S NUTRITIONAL NEEDS DURING THE POST-PARTIAL PERIOD

Rahmah[1], Hasvia Berliani[2], Didik Siswanto[3], Khusnul Yatima[4]
STIKES Keluarga Bunda Jambi
Institut Islam Al Mujaddid Sabak
Email : rahmahkelasb@gmail.com, hsv.berliani@gmail.com, yatimakhusnul@yahoo.co.id

Abstract

Good nutritional fulfillment for mothers during the postpartum period is one of the programs that can reduce the Maternal Mortality Rate. Nutritional needs during the postpartum period, especially when breastfeeding, will increase by 25%. In some cultures, food taboos for postpartum mothers can affect nutritional intake. Postpartum mothers' dietary needs are greater because, in addition to forming breast milk (ASI) during the breastfeeding process, it is also useful in the recovery process after giving birth. There are still many postpartum mothers who do not eat nutritious foods, and abstain from eating certain foods that should be very much needed by postpartum mothers. Counseling activities on nutritional needs for postpartum mothers can be used as an alternative to determining the level of knowledge of mothers about the dietary needs of mothers during the postpartum period as an effort to improve maternal and child health. The purpose of community service is to provide education about the postpartum period, the purpose of postpartum care, and the nutritional needs of mothers during the postpartum period. The research method used was counseling postpartum mothers at RSI Ibnu Sina Bukittinggi. Results of the activity: Postpartum mothers who were given counseling were 20 people. So that it can improve the knowledge of postpartum mothers about the definition and purpose of postpartum care in general, then the nutritional needs of mothers during the postpartum period. Conclusion: With the counseling activities, it is hoped that this can improve the knowledge of postpartum mothers about nutritional needs in mothers. **Keywords :** Period, Postpartum, Nutrition, Postpartum Mother.

Abstract

Providing good nutrition for mothers during the postpartum period is one program that can reduce maternal mortality. Nutritional needs during the postpartum period, especially when breastfeeding, will increase by 25%. In some cultures, abstaining from food in postpartum mothers can affect nutritional intake. The nutritional needs of postpartum mothers are greater because apart from forming breast milk (ASI), during the breastfeeding process, it is also useful in the recovery process after giving birth. There are still many postpartum mothers who do not eat nutritious food and abstain from eating certain foods that postpartum mothers should need. Educational activities regarding nutritional needs for postpartum mothers can be used as an alternative to determining the mother's level of knowledge about the mother's nutritional needs during the postpartum period. as an effort to improve the health of mothers and children. Community service aims to provide education about the postpartum period, the goals of postpartum care, and the nutritional needs of mothers during the postpartum period. The RSI Ibnu Sina Bukittinggi. Results: 20 postpartum mothers were given counseling. Conclusion: with the outreach activities, it is hoped that this can increase postpartum mothers' knowledge about the nutritional needs of postpartum mothers.

Keywords: Period, Postpartum, Nutritional Postpartum Mothers

INTRODUCTION

The postpartum period (puerperium) is the period after the placenta is born and ends when the reproductive organs return to their original state as before pregnancy. The postpartum period lasts for 6 weeks or 42 days. During this recovery period, the mother will experience many physiological physical changes and cause a lot of discomfort in the early postpartum, which does not rule out the possibility of becoming pathological if not followed by good care. The postpartum period is a period experienced by a woman starting after giving birth to the results of conception (baby and placenta) and ending up to 6 weeks after giving birth. The postpartum period is divided into several stages. The first stage is immediate postpartum, which is the stage within the first 24 hours after delivery. The second stage is early postpartum, which is the stage that occurs after 24 hours after delivery until the end of the first week postpartum. The third stage is late postpartum, which is the stage that occurs in the second week to the sixth week after delivery (Elza Fitri, 2023).

Nutrition is a substance needed by the body for metabolic purposes. Fulfillment of balanced nutrition in postpartum mothers is very important for parents to understand because the age of infants and toddlers is a golden age that will determine the growth and development process in the future. The impact of nutritional imbalance during the postpartum period generally causes health problems for infants and specifically has an impact including suboptimal breast milk quality, inadequate nutrition in infants, vulnerability of infant health conditions, stunted growth of infants, and others. The concept of health-sickness, food, and drink that are good for health, beliefs, and prohibitions, on the one hand, can be a barrier but on the other hand can be potential to overcome health problems (Ruspita Rika, Rifa Rahmi, 2022).

Physical and mental strength and excellent health are some of the things that can determine the success of development in Indonesia. Health development as part of efforts to build a whole person is carried out through efforts to fulfill nutrition for the community. Nutrition is one of the determinants of achieving improvements in the quality of human resources in influencing human survival. Nutrition is related to economic potential because nutrition determines brain development, learning ability, and work productivity (Mufida Loviana, Agus Sartono, 2020).

Nutritional factors greatly affect the wound healing process in the peritoneum, vulva cleanliness, wound size, age, and vascularization. Quality human resources can be hampered by health and nutritional status. After giving birth, the nutritional needs of postpartum mothers are greater because, in addition to the formation of

breast milk (ASI) in the breastfeeding process, it is also useful as a process of restoring conditions after giving birth. If the nutrition of postpartum mothers is not met properly, the process of restoring the mother's condition to pre-pregnancy will take longer and breast milk production will decrease, this is because in the body food will be broken down into a substance that will later be used by the body in carrying out its functions. Poor nutritional status factors and inappropriate dietary restrictions can inhibit wound healing in postpartum mothers. Therefore, it is important for postpartum mothers to receive proper perineal care, including a balanced nutritional intake (Widyastuti Andri, Wella Anggraini, 2023).

Food consumed should contain sources of energy, sources of builders (protein), sources of regulators, and protectors (minerals, vitamins, and water). The nutritional needs of postpartum mothers, especially breastfeeding mothers, will increase by 25% (Eka Putri, Ramie, and Maria, 2022).

The balanced nutritional status of postpartum mothers greatly influences the wound-healing process. Good and balanced nutritional status is needed to accelerate the recovery of postpartum maternal health which helps the metabolism process, and maintenance and plays a role in the formation of new tissue (Erniawati, Khatimah and Badasari, 2021). Nutritional status is the condition of the body as a result of food consumption and the use of nutrients. These nutrients function to help the metabolism process, maintenance, and formation of new tissue. In addition, balanced nutrition is also a substance needed by the body for its metabolic needs. Nutritional needs during the postpartum period, especially when breastfeeding, will be high because they are useful for the healing process after giving birth and for producing enough breast milk to keep the baby healthy. All of that will increase three times from normal needs. Efforts to restore the health of postpartum mothers are by providing adequate food, namely postpartum mothers must consume a lot of nutritious and balanced food, enough protein, minerals, vitamins, and additional food as much as 500 calories per day (in the second six months 500 kcal / day), because in addition to being useful for the production of Breast Milk (ASI) it also functions as a process of repairing body cells that have been damaged during the labor process, considering the importance of health recovery and breast milk formation, it is necessary to monitor whether the mother gets food with the quality and quantity needed for her body's recovery, as well as special knowledge for postpartum mothers about the importance of balanced nutritious food. Protein nutritional needs are very important, especially animal protein because it functions to accelerate the healing process, and recovery and to facilitate the process of

breast milk production. Cell growth as a replacement for damaged tissue (Winatasari, Diah, Mufidaturrosida, 2020).

By consuming protein foods, both vegetable and animal, in postpartum mothers, the healing process of perineal wounds will heal faster and dry. Postpartum mothers should consume at least eggs, tofu, tempeh, and meat or fish if available. Unless the postpartum mother is allergic to certain seafood or has been allergic to eggs since pregnancy, then the source of protein that causes the allergy is avoided. If allergic to a certain type of protein, for example, sea fish, postpartum mothers may look for alternative sources of protein from livestock and poultry as well as from vegetable protein such as nuts (Listiani Luki Elina, Eka Oktavia, 2023).

The daily calorie intake is 500 calories and can be increased to 2700 calories. Daily fluid intake is increased to 3000 ml with 12 milk intakes of 1000 ml. Iron supplements can be given to postpartum mothers during the first 4 weeks after birth (Nadiya and Wati, 2021). To restore the reproductive organs to their pre-pregnancy state, the mother's daily energy requirement is 2800 calories and 64 grams of protein. All of that will increase 3 times from the usual needs. The energy needs of postpartum mothers/breastfeeding mothers as additional calorie needs in the first 6 months are approximately 700 kcal/day and breastfeeding mothers of 2-year-old babies average 400 kcal/day (Kusparlina Eny Pemilu, 2020).

Postpartum mothers who undergo spontaneous or normal labor do not have any food restrictions. After the labor process is complete, mothers may eat and drink as usual, however, postpartum mothers must pay attention to the amount of calories and protein (Heryanto, Herwandar and Yanti Rohidin, 2021).

Most postpartum mothers still do not know about nutritional needs during the postpartum period, as well as the benefits and disadvantages if their nutritional needs are not met. There are still postpartum mothers who do not know that the fluid requirement that must be drunk during the postpartum/breastfeeding period is 8 glasses/day. There are also mothers who do not know the types of plants that are good to consume during breastfeeding and function to increase breast milk production, namely katuk leaves (R and Sitorus, 2020).

A common phenomenon in society is the restriction of food for postpartum mothers. Postpartum mothers are prohibited from consuming certain foods for a certain period of time. For example, mothers who have just given birth in the Dayak tribe are prohibited from eating meat, eggs, fish, and vegetables such as water pumpkin, cucumber, and spiced vegetables. The culture of abstaining from food is related to the non-healing of perineal wounds in postpartum mothers (Kasari Irma Ayu Dwi, 2020).

Nutrition is needed by postpartum

mothers as a source of energy for building, and regulating the body so that the growth and development of breastfed babies, facilitating breast milk production, maintaining levels of vitamins that are soluble in breast milk, providing sufficient vitamin A for mothers and babies so that they are protected from blindness, increasing endurance, restoring the mother's body condition, and maintaining the mother's own health. The way to meet iron needs is by consuming foods that contain a lot of iron, such as green beans and dragon fruit. One alternative that can be done to increase the amount of iron in the blood is by consuming fruits that contain high levels of iron and vitamin C. One fruit that contains quite high levels of iron and vitamin C is dragon fruit with a content of 0.16-0.20 mg of iron, vitamin B1, vitamin B2, and vitamin C. Dragon fruit contains iron so that there is a change in hemoglobin levels in postpartum mothers after consuming dragon fruit juice (Meti Sulastri, Heni Nurakilah, Lina Marlina, 2022).

The recommended intake of vitamin A for postpartum mothers is 850 RE/day, but for some areas, it may still be difficult to achieve it through food consumption. The lack of knowledge of mothers about vitamin A can be caused by their lack of understanding and comprehension about the implementation of vitamin A capsule administration and being less active in finding out and following counseling by health workers (Heryanti, 2023).

Nutrition is also needed to prevent postpartum mothers from anemia. Postpartum mothers are at risk of experiencing decreased hemoglobin levels due to bleeding during childbirth so nutritional needs need to be met. Postpartum maternal hemoglobin is said to be normal if it is between 8-11 gr/dl (Tetti Solehati, 2020).

The level of maternal knowledge about nutrition is very important in improving the nutritional status of the family, especially the toddler). The more often the baby is breastfed, the more the mother's breasts will be stimulated to produce more breast milk accompanied by nutritious foods. From the data in April 2024 obtained at RSI Jambi, there were 70 postpartum mothers. Based on a preliminary study of 7 postpartum mothers, there were 4 postpartum mothers who did not know about the benefits of nutritional needs during the postpartum period and its disadvantages, there were still families who believed in taboos during the postpartum period, and in terms of low socio-economic status, it still did not meet the nutritional needs that should be needed by postpartum mothers. Meanwhile, 3 postpartum mothers knew about the benefits of dietary needs during the postpartum period and its disadvantages. But there are some who have not implemented it properly. Based on this background, the author is interested in

doing community service at RSI Bukittinggi regarding counseling on nutritional needs for postpartum mothers. Of course, this is a problem that needs to be overcome, so counseling was carried out on nutritional needs for postpartum mothers to improve the health of mothers and children.

FORMULATION OF THE PROBLEM

Based on the background above, it is very important to provide counseling on nutritional needs for postpartum mothers. For that, it is necessary to provide knowledge and understanding about counseling on nutritional needs for postpartum mothers.

ACTIVITY METHOD

Based on the problems above, to carry out this community service activity is carried out in several stages, stages are as follows:

1. Preparation
    a. Preparation before conducting counseling on nutritional needs for postpartum mothers, namely December 10, 2024, by holding a meeting with the Jambi Hospital midwife.
    b. Preparation for counselors such as counseling materials in SAP, tools, and leaflets.
2. Implementation for the delivery of material on counseling on nutritional needs for postpartum mothers
    a. Prepare a safe, comfortable, and quiet place.
    b. Preparing equipment for extension activities
3. Implementation of counseling or health education. Counseling is provided after providing counseling on nutritional needs for postpartum mothers. Implementation of counseling in the form of:
    a. Say hello.
    b. Introduce yourself and convey the purpose of the counseling.
    c. Provide attention and a friendly attitude to patients.
    d. Providing counseling materials
    e. Question and answer
    f. Providing evaluation
    g. Provide advice and follow-up.
4. Implementation of Counseling Conducted at Jambi Hospital.

RESULTS AND DISCUSSION OF IMPLEMENTATION OF INTERVENTION ACTIVITIES

1. Conducting counseling on nutritional needs for postpartum mothers. Before the counseling is carried out, counseling is given first, postpartum mothers / postpartum mothers are gathered in one room and given leaflets to be read by the mothers.
2. Conducting Q&A/Discussion. After conducting counseling on the nutritional needs of postpartum mothers, the presenter provides an opportunity for the counseling

participants to ask questions.

BIBLIOGRAPHY

Eka Putri, S., Ramie, A. and Maria, I. (2022) 'Knowledge of Nutritional Fulfillment during Postpartum Period Based on Mother's Socio-Culture', JoIN: Journal of Intan Nursing, 1(1), pp.https://doi.org/10.54004/join.v1i1.53. 15–22. Available at: 17 Volume 5; No.1 (April 2024): 10-20 Empowering Society Journal

Elza Fitri (2023) 'Providing Counseling to Postpartum Mothers on Days 29-42 Using ABPK at PMB Ernita, Pekanbaru City in 2022', Current Midwifery Journal, 3(1), pp. 1–6.

Erniawati, E., Khatimah, H. and Badasari, S. (2021) 'Health Nutrition Education for Postpartum Mothers "Caring for Postpartum Mothers to Stay Healthy During the Covid 19 Pandemic"', Jcs, 3(1), pp. 1–7. Available at: https://doi.org/10.57170/jcs.v3i1.3.

Heryanti (2023) 'Factors Influencing Postpartum Mothers in Consuming Vitamin A in the Work Area of the 5 Ilir Palembang Health Center in 2022', Jurnal Bidan Mandiri, 7(1), pp. 1–6.

Heryanto, ML, Herwandar, FR and Yanti Rohidin, AT (2021) 'The Role of Parents in Nutritional Intake of Postpartum Mothers', Journal of Nursing Practice and Education, 1(2), pp. 98–110. Available at: https://doi.org/10.34305/jnpe.v1i2.277.

Kasari Irma Ayu Dwi, CW (2020) 'Analysis of Food Abstinence with the Degree of Perineal Wounds on Wound Healing in Postpartum Mothers', Idea Nursing Journal, XI(1), pp. 24–30.

Kusparlina Eny Pemilu (2020) 'The Relationship between Nutritional Intake and Smooth Breast Milk Production in Mothers Breastfeeding Babies Aged 0-6 Months', Jurnal Delima Harapan, 7(2), pp. 113–117.

Listiani Luki Elina, Eka Oktavia, AER (2023) 'The Relationship between Knowledge of Nutrition in Postpartum Mothers and the Duration of Healing of Perineal Wounds at PMB Arinta Lindari in 2023', Indonesian Multidisciplinary Scientific Journal, 2(11), pp. 2382–2388.

Meti Sulastri, Heni Nurakilah, Lina Marlina, IN (2022) 'Management of Back Pain in Pregnant Women in the Third Trimester Using the Kinesio Tapping Method Based on Midwife Professional Standards', Media Information, 18(2), pp. 145–151.

Mufida Loviana, Agus Sartono, M. (2020) 'Mother's Nutrition Knowledge and Family Food Diversification Practices in Purworejo Village, Margoyoso District, Pati', Unimus Nutrition Journal, 9(2), pp. 180–188.

Nadiya, S. and Wati, R. (2021) 'The Relationship Between Giving IEC And Knowledge About Maternal Nutrition During The Postpartum Per', Journal of Healthcare Technology and Medicine, 7(2), pp. 18 Volume 5; No.1 (April 2024): 10-20 Empowering Society Journal 2615–109.

R, M. and Sitorus, NY (2020) 'The Relationship Between Postpartum Mothers' Knowledge About Nutrition Consumption and the Role of Husbands in Smooth Breast Milk Production in Breastfeeding Mothers

in the Work Area of the Medan Area Selatan Health Center, Medan City in 2020', Jurnal Kebidanan Malahayati, 6(4), pp. 446–452. Available at: https://doi.org/10.33024/jkm.v6i4.3039.

Ruspita Rika, Rifa Rahmi, WEA (2022) 'Increasing Knowledge about Balanced Nutrition in Breastfeeding Mothers', Journal of Progressive Community Service, 6(3), pp. 1194–1197.

Tetti Solehati, CDEP et al (2020) 'The Influence of Nutritional Health Education on the Level of Knowledge of Postpartum Mothers', An-Nadaa: Journal of Public Health, 7(1). Available bjm.ac.id/index.php/ANN/article/view/3007. at: https://ojs.uniska

Widyastuti Andri, Wella Anggraini, W. (2023) 'The Relationship between Nutritional Status and Food Abstinence Culture with Perineal Wound Healing in Postpartum Mothers', Jurnal Ilmiah Obsgin, 15(3), pp. 30–35.

Winatasari, Diah, Mufidaturrosida, Ana (2020) 'The Relationship Between Postpartum Mothers' Knowledge and Nutritional Intake', Journal of Midwifery, XII(02), pp. 202–216.