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Community empowerment in implementing effleurage massage for women in labor at Pratama Deliana Clinic

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ABSTRACT

Effleurage massage is one of the massage methods to reduce pain during labor which is listed in the Summary of pain relief measures during labor, where during the first stage of the latent phase (0-3 cm opening) and the active phase (4-7 cm opening) the activity that can be carried out by labor mothers is effleurage. Effleurage is light massage using your fingers, usually on your stomach, in rhythm with your breathing during contractions. Effleurage can be done by the birthing mother herself or by the birth attendant during the contractions. The purpose of this community service is to increase the knowledge of birthing mothers and their families about Effleurage massage. The results of the community service carried out on 15 mothers who gave birth found that the majority of mothers were 80% able to overcome/manage the pain they felt. It is hoped that this service activity can be continued starting when the mother is pregnant so that the mother is not confused in carrying out effleurage massage during childbirth.

KEYWORDS
Effleurage massage;
Material women;
Pratama deliana clinic

1. Introduction

Labor is the process of opening and thinning the cervix, and the fetus descends into the birth canal [1]. Birth is a process in which the fetus and amniotic fluid are pushed out through the birth canal [2]. Labor and normal birth are processes of expulsion of the fetus that occur in full-term pregnancy (37-42 weeks), spontaneous birth with a back of the head presentation that takes place within 18 hours, without complications for both the mother and the fetus [3].

Care for the first stage of labor is the care needed by the mother during the birth process [4]. The patient is said to be in the first stage of labor, if the cervix has opened and contractions are regular at least 2x in 10 minutes for 40 seconds which last between 0-10 cm opening (complete dilation) [5]. The process in stage I is divided into a latent phase and an active phase. Latent phase (8 hours) from 0 opening to 3 cm opening [6]. While the active phase (7 hours) from cervical opening 4 cm to 10 cm opening [7]. Duration for primigravida lasts 12-14 hours, in multigravida about 6-8 hours [8]. The first stage is the peak of the greatest pain, because labor pain is a subjective experience caused by ischemia of the uterine muscles, pulling and traction of the uterine ligaments, traction on the ovaries, fallopian tubes and distention of the lower part of the uterus, pelvic floor muscles and perineum [9]–[13]. Pain in labor is a manifestation of uterine muscle contractions. The level of labor pain is described by the pain intensity perceived by the mother during labor [14]. The intensity of pain depends on the sensation of the severity of the pain itself [15].

Pain in labor appears due to psychological responses and physical reflexes [16]–[20]. Pain will have an impact on increasing the activity of the sympathetic nervous system which can result in changes in blood pressure, pulse, respiration, and skin color, nausea, vomiting, and also excessive sweating [21]–[25]. Emotional tension due to anxiety and fear can exacerbate the mother's perception of pain during labor [22], [26]–[29]. So that labor pain will cause fear, anxiety will appear which ends with panic [24].

Labor pain can also cause hyperventilation resulting in increased oxygen demand, increased blood pressure, and reduced intestinal motility and urinary bladder [18], [20], [22], [24], [26]. This situation will

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stimulate an increase in catecholamines which can cause interference with the strength of uterine contractions resulting in uterine inertia. If labor pain is not treated, it will cause prolonged parturition.

This will cause the birthing mother to have a bad birth experience, experience birth trauma which can cause postpartum blues, so it is very important for birth attendants to meet the mother's need for a sense of security and comfort. The Indonesian Hospital Association Data Center explained that 15% of mothers in Indonesia experienced childbirth complications and 21% stated that the labor they experienced was a painful delivery because they felt extreme pain, while 63% did not receive information about the preparations that must be made to reduce pain in labor.

Effleurage massage is one of the massage methods to reduce pain during labor which is listed in the Summary of pain relief measures during labor, where during the first stage of the latent phase (0-3 cm opening) and the active phase (4-7 cm opening) the activities that can be carried out by the delivery mother is effleurage [30][31]. Effleurage is a light massage using the fingers, usually on the stomach, in rhythm with breathing during contractions [32][33]. Effleurage can be done by the birthing mother herself or by the birth attendant during the contractions [34][35]. It is used to distract the mother from pain during contractions [36][37]. The main action of effleurage massage is the application of the Gate Control theory which can "close the gate" to inhibit the passage of pain stimuli to the higher centers of the central nervous system [38][39].

The effect of effleurage massage on labor pain in the first active phase in the independent practice of midwife Nuriman Rafida and the independent practice of midwife Latifah in Jambi City [40]–[44] There is a significant effect between effleurage massage on reducing pain in the first active phase, with P (value) 0.000 < 0.05 [45]–[49]. The effect of effleurage massage on primipara pain in the first stage of physiological labor at RSIA Bunda Arif Purwokerto proves that effleurage massage can reduce pain from a scale of 7.647 to 6.117 [50]–[54].

Most mothers complain of pain in the waist or back that spreads to the stomach, especially primi mothers [55]–[59]. There are no midwives who provide effective care using the effleurage technique to treat this pain. This is understandable because in primiparas it is their first experience in giving birth, giving rise to fear, anxiety and experience worse in normal delivery. Therefore the authors are interested in taking the case of this report to provide a safe and comfortable experience of the mother's normal delivery process by providing relaxation massage. Based on the background above and seeing how important it is to do community service for mothers in childbirth with the title "Implementation of Effluarege Massage for Mothers in Birth at the Pratama Deliana Clinic Pekanbaru".

2. Method

The activity plan in order to implement the solutions offered, in detail are:

- Visits and coordination of the servants to the Delina Pratama Clinic. Held in October 2020.
- Implementation of educational activities and demonstrations or practice of effleurage massage for mothers in labor. Held in October-December 2020 at the Deliana Clinic Pekanbaru for 15 mothers giving birth.

3. Results and Discussion

Servants who are students of Midwifery STIKes HangTuah Pekanbaru coordinate and visit the Pratama Delina clinic with the aim of conveying the aims and objectives for implementing this effleurage massage which will be carried out at the Pratama Delina Clinic. In Figure 1. The figure shows that the servants conduct counseling about education and demonstrations or the practice of implementing effleurage massage. The material provided in education and demonstrations or practice is about effleurage massage for mothers in labor. Demonstrations or practical implementations are carried out in accordance with the effleurage massage technique for mothers in labor. The effleurage massage was carried out at the PratamaDelina Clinic Pekanbaru for 15 mothers giving birth.

Fig. 1. Servant Coordination in the Implementation of Effleurage at the Delina Primary Clinic

A total of 15 mothers gave birth at the Pratama Deliana clinic in the first stage of labor who experienced labor pain. This can be overcome by carrying out effleurage massage which is useful so that the mother can manage the pain she feels as shown in Figure 2. The figure shows that it has been proven that with the implementation of effleurage massage the mother can be calmer in dealing with the labor pain she feels.

Fig. 2. Implementation of Effleurage Massage

Based on observations and assessments during the activity, this activity yielded the following results: Mothers in labor understood and understood about effluerage massage and its implementation to deal with the intensity of pain and Mothers in labor and their companions wanted to apply effluerage massage during labor and the pain experienced by mothers could be overcome.

4. Conclusion

Provide a statement that what is expected, as stated in the "Introduction" chapter can ultimately result in "Results and Discussion" chapter, so there is compatibility. Moreover, it can also be added the prospect of the development of research results and application prospects of further studies into the next (based on result and discussion).

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Author Contribution

The activity plan in implementation of effleurage massage for women in labor at pratama deliana clinic.

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Conflict of Interest

The authors declare no conflict of interest.

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