

Building Healthcare Professional Skills To Support Breastfeeding With Massage Therapy



Welcome to the
Health
Polytechnic
East Kalimantan



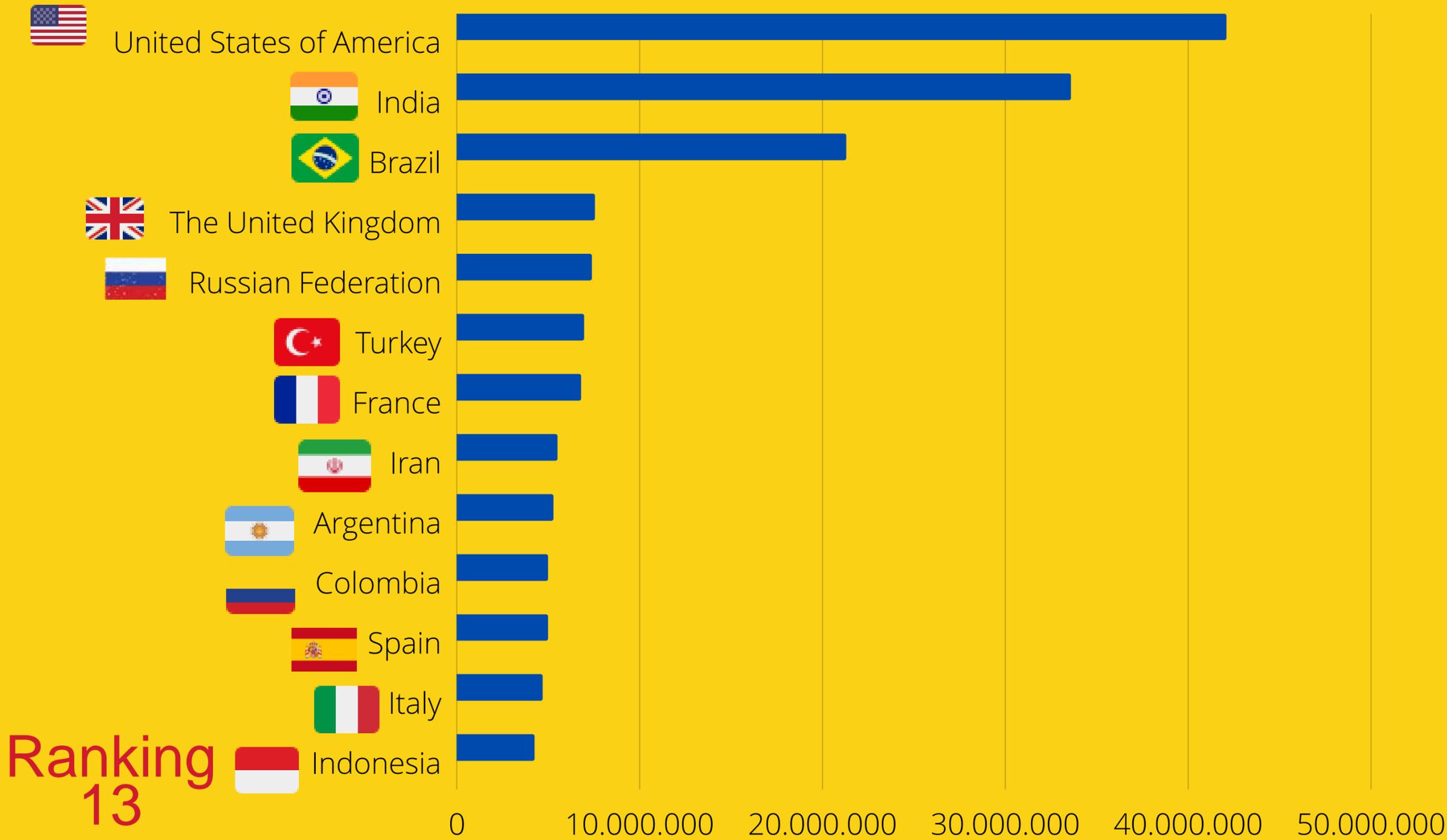
Dr.Hj.Endah wahyutri.MKes

Welcome to Samarinda

- East Kalimantan



Situation by WHO Region



Cases

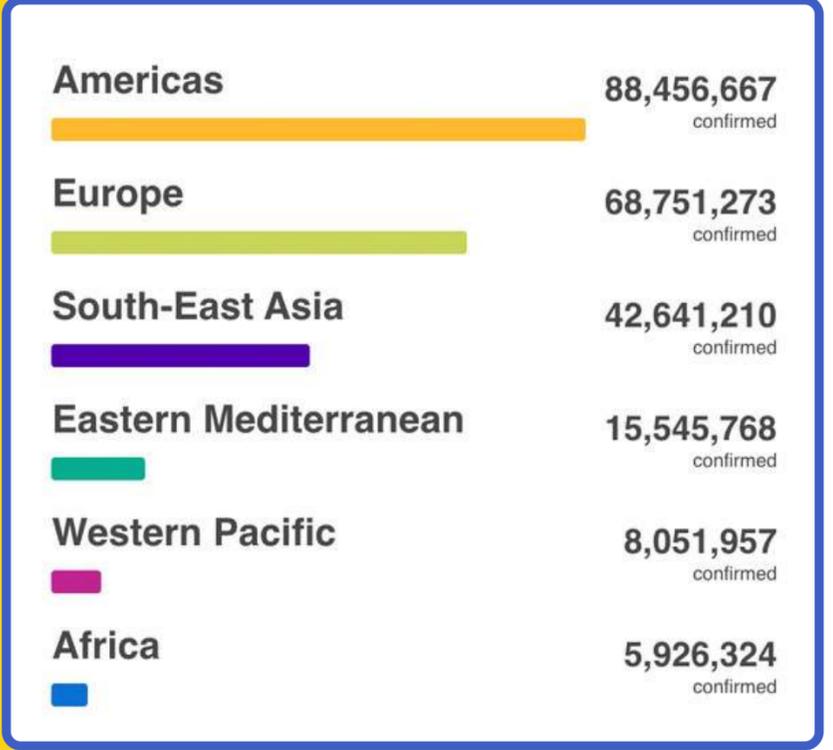
Total

545,201
new cases

229,373,963
confirmed cases

4,705,111
deaths

5,776,127,976
vaccine doses administered



Globally, 22 September 2021, there have been 229,373,963 confirmed cases of COVID-19, including 4,705,111 deaths, reported to WHO.

Indonesia Situation



Update : 22 September 2021

2,720
new cases

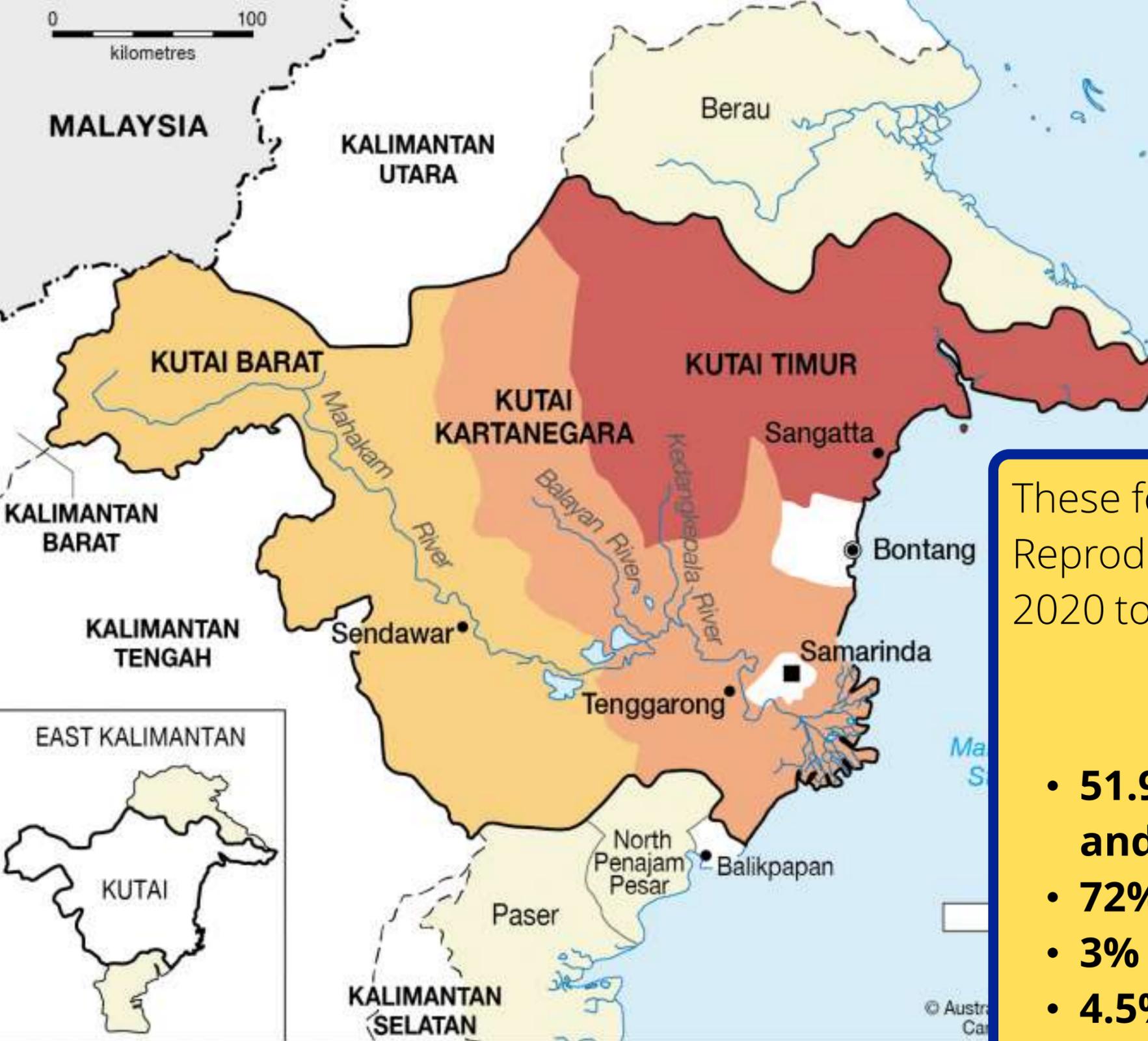
4,198,678
new confirmed
cases

140,954
deaths

117,597,616
vaccine doses
administereds

Target for vaccination : of elderly, health workers, public officers, vulnerable (pregnant and lactating mothers) communities general public aged 12-17 years

vaccine dose 1 = 42.3 %
vaccine dose 2 = 23.62 %



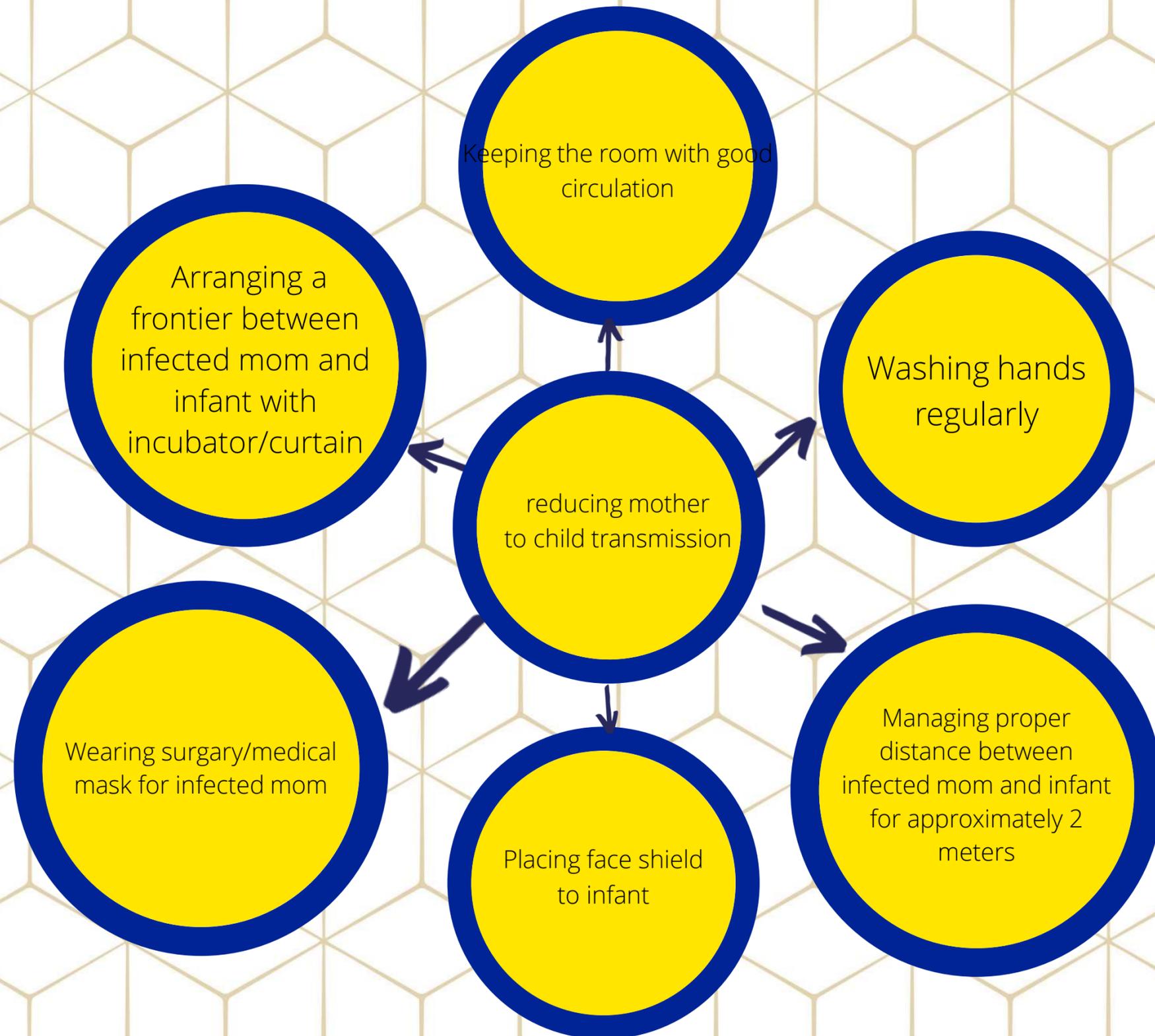
East Kalimantan's Data

These following points below are coming from Workgroup of Reproductive Tract Branch of obstetri ginecology from April 2020 to April 2021:

536 cases

- **51.9% infected pregnant mom with asymptomatic and without ventilator**
- **72% gestational age above 37th week**
- **3% complication deaths caused by COVID-19**
- **4.5% the infected mom who is in Intensive Care Unit (ICU)**

Collaborative Treatment for Suspected Mom



There are three categories of nutrition care for newborn infant who born from a mom who's recently infected by COVID-19:

**Severe
Critical**

**Breast milk from donors
Milk formula**

Mild

Breast Milk

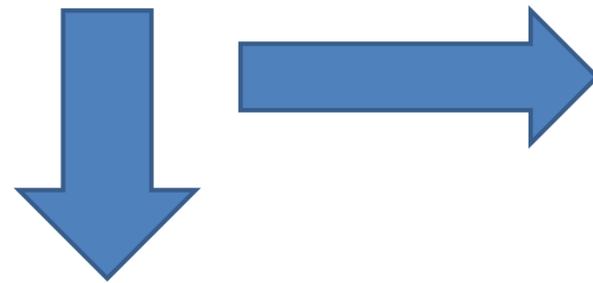
Asymptomatic

Breastfeeding directly from the birth mom's breast

Building Healthcare Professional Skills To Support Breastfeeding With Massage Therapy

Background

The global pandemic of acute respiratory syndrome caused by coronavirus 2 (SARS-CoV2), which is the new virus that causes coronavirus disease 2019 (COVID-19)



increases the risk of psychological distress including stress and anxiety that can impact pregnancy and/or childbirth disorders.

Psychological distress including stress and anxiety that can impact of global pandemic about Rule New Normal, lockdown and home confinement led

Lockdown and home confinement led to a decrease of exclusively breastfeeding
(Giuesppe Latore,2021)



Massage Therapy increasing breast milk

Benefits of a Lactation Massage

1. Healthier Milk
2. Reduced Pain
3. Better Milk Flow
4. Better Latching
5. Increases oxytocin
6. ETC

PROCESS Figure 20.17 **AP R** Hormonal Control of Lactation

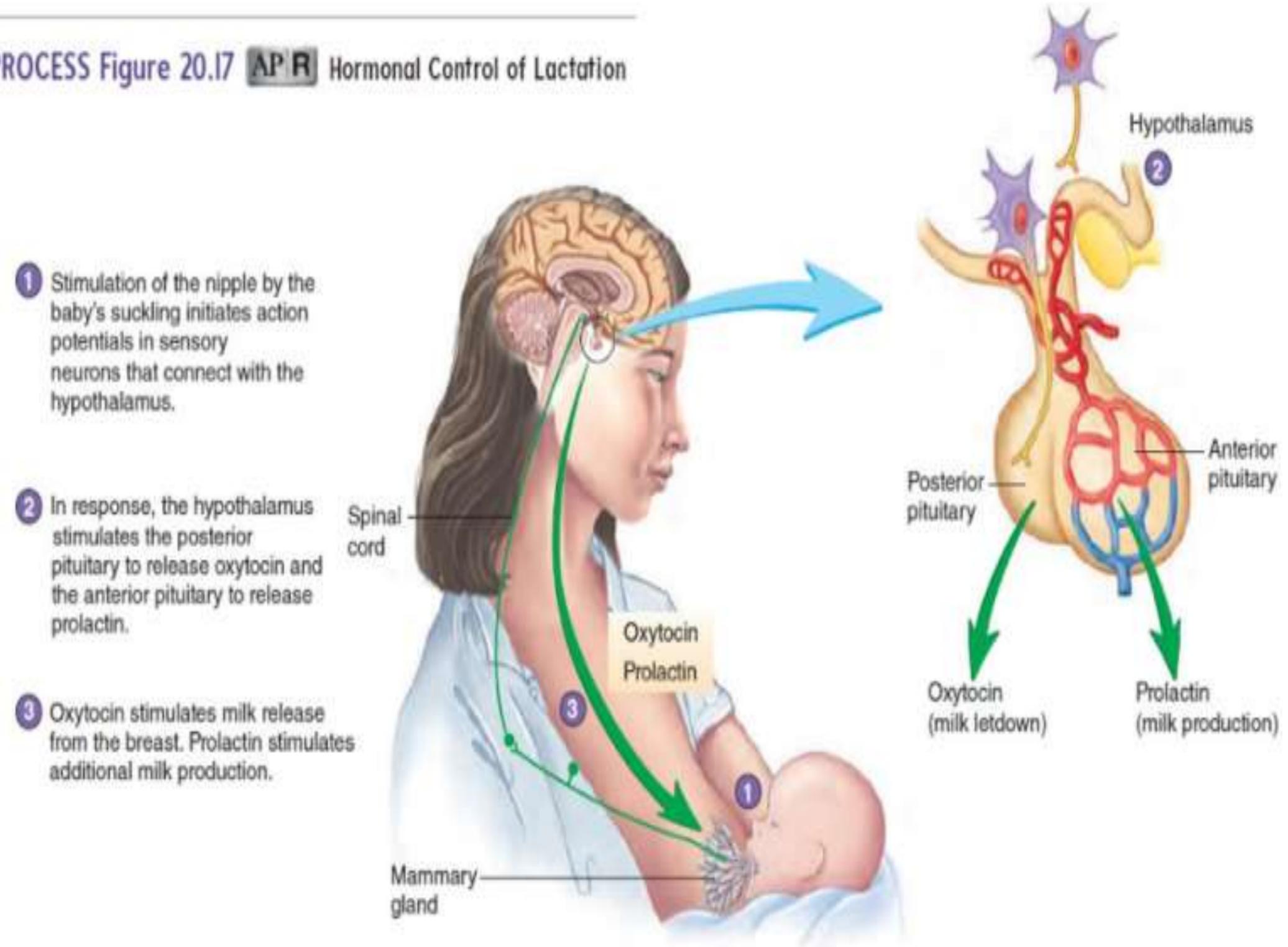


Image 1: Essentials of Anatomy and Physiology: Development, Heredity, and aging

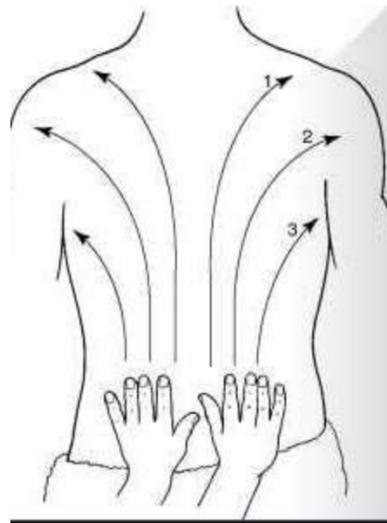
Source: <https://www.brainkart.com/media/article/article-Lactation-hFX.jpg>

How to Perform Massage for Lactation

1. Warm Your Hands
2. Lubricate
3. Be Gentle
4. Use Kneading Motions
5. Use Your Fingertips on the Areola
6. Rhythmic Massage
7. Light Strokes
8. Watch Out for This Sign
- 9 . Try it During a Bath

Massage Technique

1. *Effleurage*
2. *Friction*
3. *Petrissage*
4. *Tapotage*
5. *Vibration (Shacking movement)*
6. *Shacking*
7. *Skin-Rolling*



Effleurage



Petrissage



Friction



Tapotage



Vibration
(Shacking movement)



Shacking



Skin-Rolling

The Effectiveness Of Back Massage On Lactation Among Immediate Postnatal Mothers. (Patel U at all 2013)

- Significantly :
 1. higher post feed weight gain.
 2. higher mean number of urinations and stools passed per day.
 3. longer duration of post feed sleep and better satisfaction

Massage increases oxytocin and reduces adrenocorticotropin hormone in humans
([Vera Morhenn,2012](#))

These findings :

1. Increases oxytocin
2. Decreases adrenocorticotropin hormone (ACTH), nitric oxide (NO), and beta-endorphin (BE).



Oketani Breast Massage (Jeongsug Cho, 2012)

Composition of Milk Obtained From Unmassaged Versus Massaged Breasts of Lactating Mothers (Mervat I. Foda, 2004)

These findings :

1. effective in relieving breast pain
2. increasing breast milk pH as well as the sucking speed of neonates.

These findings increasing:

- Total solids, lipids, and casein concentration and gross energy.



A1



A2



A3



A4

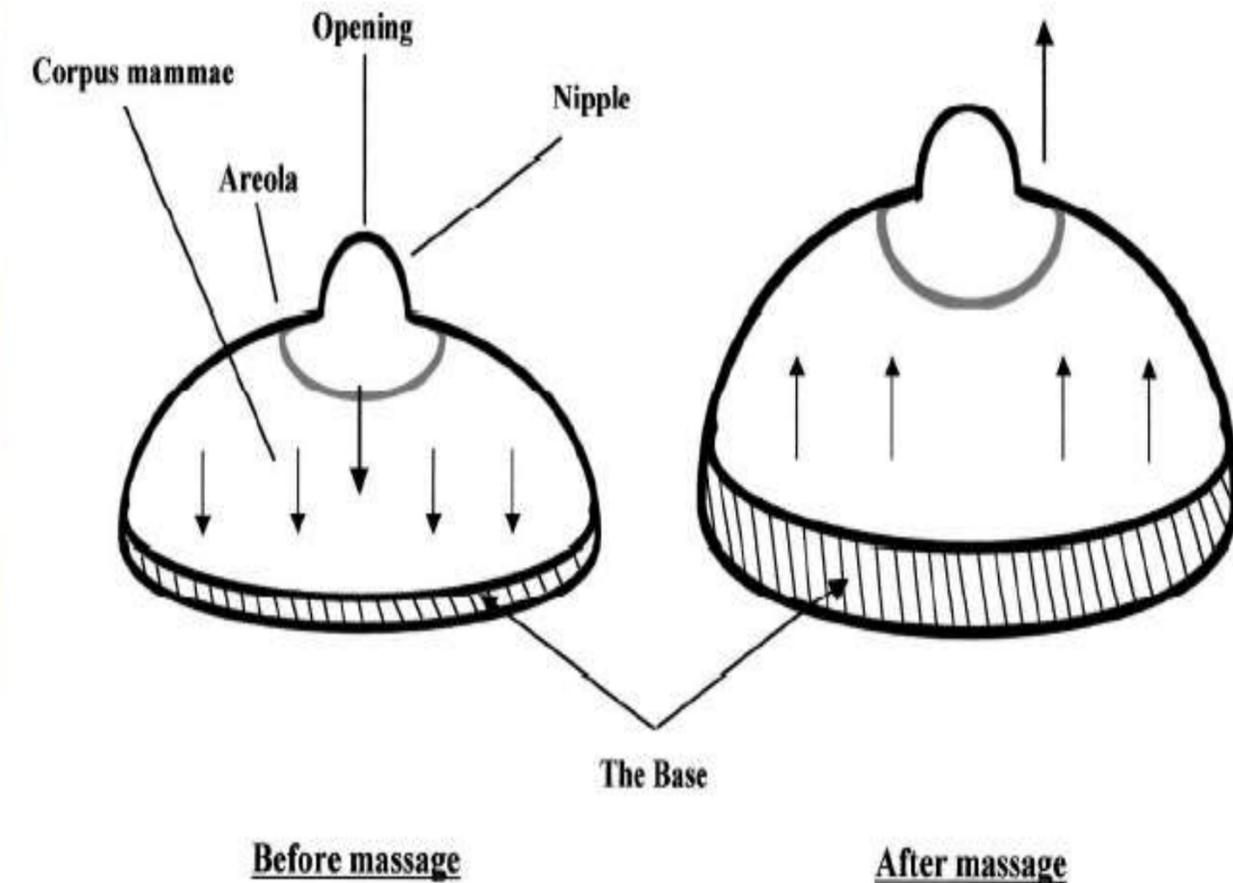
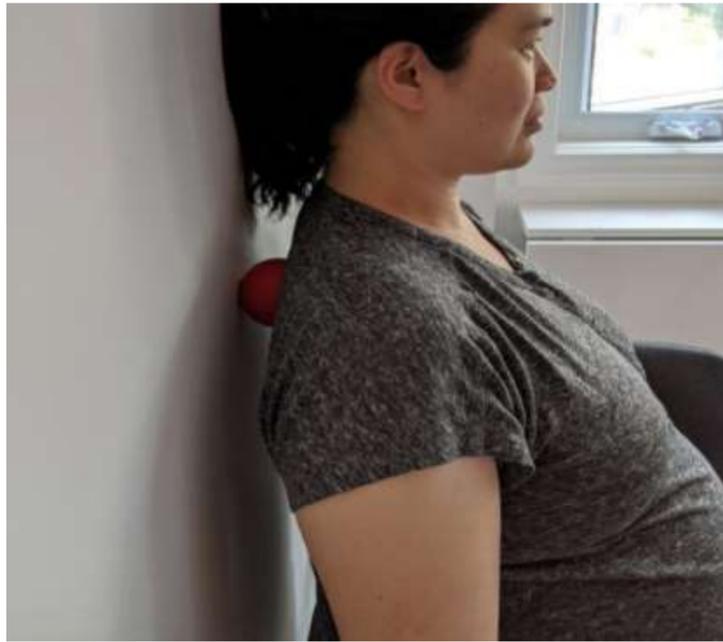


Figure 1. Oketani Breast Massage (A1-A7)

Here are some breastfeeding self-care exercises: (you can do these on your own or with a partner)



Upper back

1. Place a ball between your spine and shoulder blade while against a wall.
2. Move your torso in all directions to roll the ball around.
3. lean back onto a wall if more pressure is needed.



Upper chest

1. Place a ball on the area just below your collarbone and roll it around in all directions from your breast bone to armpit.
2. all along your chest.
3. lean forward onto a wall if more pressure is needed.



Breast massage

Breast massage: Starting at the base of the breast with your hand in a “C-shape”, gently work towards the nipple while the baby is feeding. You can do this on each area of the breast



For breast pain

Take a lightly damp bath towel and twist it lengthwise. Set the towel in the freezer for about 5-10 minutes. Twist the towel around the breasts in a “Figure-8” position and let sit for 10-15 minutes. Alternatively, if you’re not a fan of cold, you can use a towel damp with warm/hot (not boiling) water to also help decrease pain and increase circulation.

Here are some breastfeeding self-care exercises

How to massage breasts

(Utami Roesli, 2012)



Press 2 fingers against the chest wall
circular motion around the breast



Press 3 fingers against the chest wall
circular motion around the breast



Press 2 fingers against the chest wall
circular motion radial to the nipple



Press 3 fingers against the chest wall
circular motion radial to the nipple



clench your fists, press your thumbs
against your chest, move your index,
middle, and little fingers



the bottom of the fist press the little
finger of the ring finger of the middle
finger, finger the thumb towards the

Marmet Technique (Utami Roesli, 2012)



Press 2 fingers against the chest wall
circular motion around the breast



Place your thumb on top of the
areola, 2 fingers below press towards
the chest cavity, for 5-7 minutes



Press 2 fingers against the chest wall
circular motion around the breast



Place your thumb on top of the
areola, 2 fingers below press towards
the chest cavity, for 5-7 minutes



Press 2 fingers against the chest wall
circular motion around the breast



Place your thumb on top of the
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the chest cavity, for 5-7 minutes

Technique Loving Armet Lactation massage (Endah Wahyutri,2020)

these findings :

- 1.effective in increasing breast milk production.
- 2.reducing breast pain.
- 3.Loving Armet massage advice is applied in service settings and is an entrepreneurial opportunity



Neck Effleurage



shoulder Effleurage



Head Stroking



face Effleurage



Back Effleurage



Back Perissage



Back Shacking



Petrissage



Big Butterfly



Small Butterfly



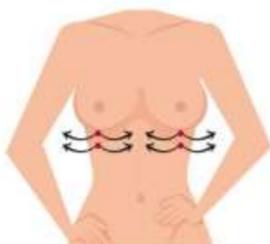
Wing



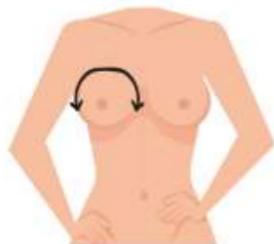
Drying



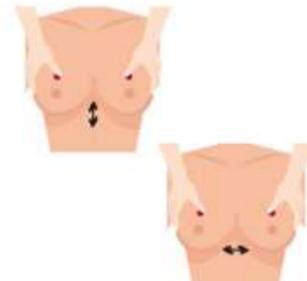
Remove Clog



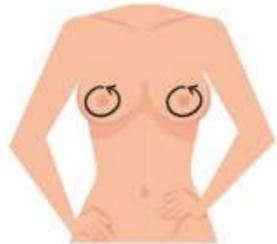
spread



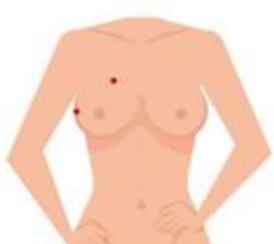
Bring The Milk Out



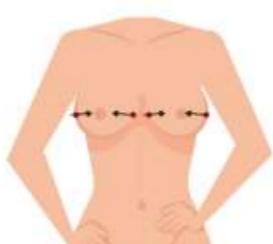
shoDiamond Stroke



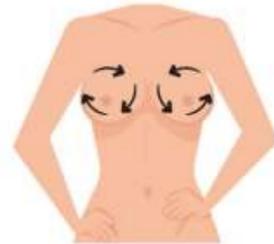
Areola Massage



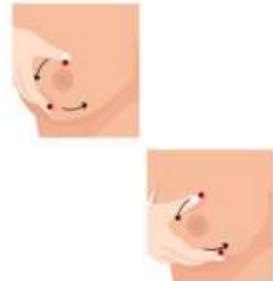
circle press point



2 Finger Little Shake



Door Knop



Hand Expression

