

Virtual Bonding dan Masase Payudara dalam Perawatan Ibu Postpartum Covid-19 dengan Rawat Pisah Bayi = Virtual Bonding and Breast Massage in Covid-19 Postpartum Mother with Infant Separation Care

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Abstrak

Menyusui merupakan hak seluruh ibu dan bayi, termasuk bagi ibu postpartum dan bayinya. Menyusui sangat dianjurkan pada ibu postpartum karena memiliki banyak manfaat yaitu untuk boonding serta mencegah komplikasi pasca melahirkan. Ibu postpartum post SC kelahiran pertama usia 24 tahun pada studi ini menjalani perawatan Covid-19 dengan perawatan bayi yang terpisah sehingga pasien tidak dapat menyusui secara langsung, pasien mendapatkan medikasi anti virus remdesivir. Pemisahan antara ibu dan bayi mengakibatkan masalah dimana terhambatnya boonding yang mana berdampak pada pengeluaran ASI, pada pasien juga ditemukan adanya nyeri payudara serta kesulitan mengeluarkan ASI. Terhambatnya boonding turut berkontribusi dalam penurunan hormone oksitosin yang merupakan hormone pelepasan ASI. Perawatan pada pasien post partum dengan covid dan rawat pisah antara ibu dan bayi dalam mengatasi permasalahan keperawatan hambatan menyusui dilakukan dengan melakukan virtual boonding selama perawatan di rumah sakit dengan memfasilitasi videocall antara ibu yang dirawat di rumah sakit serta bayi yang berada di rumah, serta intervensi konseling laktasi dengan menerapkan masase payudara meningkatkan oksitosin dalam memperlancar pengeluaran ASI. Hasil penulisan ini menggambarkan hasil pengelolaan ibu post partum dengan covid-19 rawat terpisah, dengan pelaksanaan virtual boonding dan masase payudara dalam mengatasi hambatan pengeluaran ASI.

.....Breastfeeding is the right of all mothers and babies, including postpartum mothers and their babies. Breastfeeding is highly recommended for postpartum mothers because it has many benefits, such as boonding and preventing postpartum complications. The patient in this study is post-SC postpartum mother at the age of 24 years, with her first born underwent Covid-19 treatment with separate baby care so that the patient could not breastfeed directly, the patient received the anti-viral medication remdesivir. The separation between mother and baby caused problems where delayed boonding which has an impact on the release of breast milk, the patient is also have breast pain and difficulty expressing milk. The inhibition of boonding also contributes to the decrease in the hormone oxytocin which needed to releases breast milk. Nursing care for post partum patients with Covid 19 and separated care between mother and baby in overcoming nursing problems with interrupted breastfeeding is carried by facilitating virtual boonding during hospital care by facilitating videocalls between mothers who are hospitalized and babies who are at home, as well as lactation counseling interventions. by applying breast massage to increase oxytocin in facilitating the released of breast milk. The results of this study shows the results of the management of post-partum mothers with COVID-19 in separate care, by implementing virtual boonding and breast massage to overcome nursing diagnosis interrupted breast feeding.