

OVERVIEW OF HANDLING PREGNANCY, CHILDBIRTH AND POSTPARTUM CONTINUOUSLY FOR THE 2019-2022 PERIOD

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ABSTRACT

The student's final assignment report (LTA) is a report on the results of providing midwifery care to pregnant women until the postpartum period, including caring for newborns and selecting contraception on an ongoing basis with a midwifery management approach to help overcome patient health problems comprehensively. The LTA form for DIII Midwifery Program students is a report on continuous case management (continuity of care) since the end of the fifth semester with lecturer guidance. Midwifery care provided is during pregnancy, postpartum delivery and with newborn babies. Based on this, researchers are interested in exploring the description of the management of pregnancy, childbirth and postpartum in a sustainable manner for the 2019-2022 period. This research aims to identify a picture of sustainable management of pregnancy, childbirth and the postpartum period 2019-2022. The research results show that the majority of mothers age is in the healthy reproductive category, the mother's employment status is not working, and the husband is self-employed. The majority of mothers' pregnancies were secundigravida, had no history of abnormal births, and the majority had no complications in previous births the average weight of the mothers before and during pregnancy was 50 kg to 70 kg. The baby's weight is 2500 gr to 3500 gr, and the complaint during the postpartum period is pain in the perineum. The mother's lactation is in the normal category and the contraceptive method that the mother wants to use and has previously used is injectable contraception..

Keywords; *mother, continuity care , midwifery*

INTRODUCTION

The final assignment report (LTA) is a report written based on the results of midwifery care carried out by D-III Midwifery Study Program students under the guidance of appointed lecturers. The student's final assignment report is a report on the results of providing care for pregnant women, up to the postpartum period, including caring for newborns and choosing contraception in a continuity of care manner using a midwifery management approach, in helping to comprehensively overcome patient health problems. This final assignment report is an application of knowledge in the field midwifery systematically, made by standards scientific knowledge required as usual in scientific works others, presented in the form, arrangement and method of writing is based on certain rules, which are follow consistently. The final assignment

report has a position as a course in semester VI which carried out in an integrated manner as a prerequisite for completing education. The form of the Final Assignment Report for D III Midwifery Study Program students is a report on case management continuity of care which is carried out from the end V semester (starting LTA proposal preparation) with lecturer guidance. Continuous midwifery care is midwifery care that is carried out from Antenatal Care (ANC), Intranatal Care (INC), Postnatal Care (PNC), and newborn care on an ongoing basis for patients. The measure used to assess the good or bad state of midwifery services (maternity care) in a country or region is generally maternal mortality (maternal mortality) (Sri, 2016).

The final assignment report in this guide is in the form of a case report midwifery care where students carry out care management in cases of normal pregnant women starting at the age of 28 weeks, which are obtained since the sixth semester, and the cases are followed until the end of the postpartum period. Students are expected to follow/provide care for these clients using midwifery care management, as well as recording each client's progress. Midwifery care starts with collecting data, analyzing data, managing evaluating and documenting the care provided.

Student documentation must pay attention to accuracy, thoroughness, and completeness, which is necessary for materials prepare the Final Assignment Report. The midwifery care provided starts from collecting data, analyzing data, carrying out management, and evaluating and documenting the care provided. In making case reports, apart from having to master the substance of the problem that is the object of study, as well as the methods that will be used to direct the writing process, students are also expected to know and master technical matters.

The Pematang Siantar midwifery study program is an institution under the auspices of the Indonesian Ministry of Health. implementing the final assignment report with continuity care. This is done starting in the fifth semester and is the main prerequisite for student graduation. Based on this, researchers are interested in exploring the characteristics of students' final assignment reports in the P. Siantar Midwifery Study Program over a period of 3 years, namely 2019 to 2021. The scope of this research is to describe the characteristics of mothers who are clients of students' final assignment reports. This research aims to identify the characteristics of students from the Pematangsiantar midwifery study program from 2019 to 2021.

METHOD

This type of research is descriptive research to describe the characteristics of clients in the final assignment report of Pematangsiantar midwifery study program students. This research was conducted using retrospective data, namely final assignment report data from students from the Pematang Siantar Midwifery Study Program from 2019 to 2021. The population in this study is data from mothers who were clients of students' final assignment reports from 2019 to 2021, and the total population is the research sample. The instrument used in this research is a checklist sheet. Data collection method using secondary data, namely data collected not directly from clients but by looking at student LTA report documentation. Data were analyzed descriptively using frequency distribution.

RESULTS AND DISCUSSION

a. Result

Table 1
Student based LTA Description, age, education, Mother's occupation and husbands Occupation

N	Variabel		TA. 2019		TA. 2020		TA. 2021	
			n	%	n	%	n	%
1	Age	< 20 years	1	2,1	2	4,3	2	7,7
		20-35 years	43	93	35	76,1	23	88,4
		> 35 years	4	8,6	9	19,6	1	3,8
		total	48	100	46	100	26	100
2	Mother's occupation	Working	6	12,5	14	30,4	6	23,1
		Not working	42	87,5	32	69,5	20	76,9
		Total	48	100	46	100	26	100
3	husbands Occupation	PNS	1	2,1	34	73,1	20	76,9
		BUMN	1	2,1	9	2,1	3	11,5
		private	44	92	3	6,5	2	7,6
		farmer	2	4,2	0	0	1	3,8
		total	48	100	46	100	26	100

Based on the table above, the results show that the majority of LTA students from the Pematang Siantar midwifery study program for 2019 to 2021 academic year are in the 20-35 year age category (93%), on average mothers do not work, husbands generally work in the private sector (92%).

Tabel 2
 LTA description of based students Number of pregnancies, childbirth history
 Mother's current weight and before pregnancy

No	Variabel		TA. 2019		TA. 2020		TA. 2021	
			n	%	n	%	n	%
1	Number of Pregnancies	1	10	20,8	7	15,2	8	30,7
		2	22	45,8	18	39,1	14	53,8
		3	14	29,1	10	21,7	2	7,6
		>3	6	12,5	11	23,9	2	7,6
		Total	48	100	46	100	26	100
2	Birth history	Abnormal	3	6,25	0	0	3	11,5
		Normal	45	93,75	48	100	23	88,4
		Total	48	100	46	100	26	100
3	Complications of this birth	There are complications	0	0	3	6,5	0	0
		No complications	48	100	43	93,4	26	100
		Total	48	100	46	100	26	100
4	Mother's current weight	< 50 kg	0	0	6	13,1	3	11,5
		50 s/d 70 kg	45	93,75	36	78,2	20	43,4
		> 70 kg	3	6,25	4	8,6	3	12
		Total	48	100	46	100	26	100
5	Mother's weight before pregnancies	< 50 kg	12	25	11	23,9	9	34,6
		50 s/d 70 kg	34	70	32	69,5	15	57,6
		> 70 kg	2	4,1	3	6,5	2	7,6
		Total	48	100	46	100	26	100
6	Postpartum complains	Pever	3	6,25	0	0	1	3,8 %
		Pain du to perineal tear	35	72,9	32	69,5	20	76,9
		Bleeding	0	0	0	0	-	-
		No complains	10	20,8	14	30,4	5	19,2
		Total	48	100	46	100	26	100

In the table above, it was found that the majority of students from the Pematangsiantar midwifery study program for the academic year 2019 to 2021 had pregnancies with their second child (53.8%), in general, the mothers had a normal birth history and had no complications in the current birth. The mother's current weight is in the 50 to 70 kg weight category, likewise the

mother's weight before pregnancy was on average in the 50 to 70 kg weight category. The majority of postpartum complaints among mothers are pain in the perineum.

Table 3
 Student based LTA description baby'weight, sex of the newborn, state of lactation, contraception devices that have been used and contraceptive that will be used

No	Variabel		TA. 2019		TA. 2020		TA. 2021	
			n	%	n	%	n	%
1	baby'weight	<2500 gr	7	14,5	0	0	-	-
		2500 s/d 3500 gr	35	72,9	35	76,6	23	88,4
		> 3500 gr	6	12,5	11	23,4	3	11,5
		Total	48	100	46	100	26	100
2	sex of the newborn	Male	25	52,1	25	53,4	13	50
		Female	35	72,9	21	45,6	13	50
		total	48	100	46	100	26	100
3	state of lactation	Good	48	100	46	100	26	100
		Not good	0	0	0	0	0	0
		Total	48	100	46	100	26	100
4	contraceptive that will be used	IUD	0	0	-	-	1	3,8
		injections	40	83,3	34	73,9	16	61,5
		Pils	4	8,3	11	23,9	6	23,1
		Implans	4	8,3	1	2,1	2	7,6
		Total	48	100	46	100	26	100
5	contraception devices that have been used	injections	16	33,3	17	36,9	1	3,8
		Implans	1	2,1	2	4,3	6	23,1
		Pils	3	6,25	1	2,1	-	-
		None	28	58,3	26	56,5	19	73,1
		Total	48	100	46	100	26	100

In the table above, the results of students' final assignment reports in the Pematang Siantar midwifery study program for the 2019 to 2021 academic year are obtained on the weight variable of babies after birth with the majority weighing 2500 gr to 3500 gr (88.4%), the state of lactation in the no category. there were complaints (100%), about plans to use contraception after giving birth, in general mothers said they wanted to use injectable contraception (83.3%) and the

majority of mothers had not used contraception before. In the table above, the results of students' final assignment reports in the Pematang Siantar midwifery study program for the 2019 to 2021 academic year are obtained on the weight variable of babies after birth with the majority weighing 2500 gr to 3500 gr (88.4%), the state of lactation in the no category. there were complaints (100%), about plans to use contraception after giving birth, in general mothers said they wanted to use injectable contraception (83.3%). and the majority of mothers had not used contraception before.

b. Discussion

LTA description of students from the Pematang Siantar Midwifery study program for 2019 to 2021 academic year was found in the maternal age category to be in the healthy reproductive group, namely age >20 years to 35 years. The Republic of Indonesia Ministry of Health (2005) defines a healthy reproductive age for women as 20-35 years. This is due to various reasons, for example before a woman is 20 years old, the physical condition of reproductive organs such as the uterus is not sufficient to maintain the results of fertilization and development of the fetus. Apart from that, mentally at this age women are not yet mature and mature enough. A young mother usually has poor prenatal care skills due to low knowledge and embarrassment about coming to a health service center for check-ups. (Rahayu *et al.*, 2017).

The variables of the mother's job and husband's job were that the average result was that the mother did not work and the husband had a job in the self-employed category. Not all types of work have the potential to disrupt women's reproductive health. The risk of experiencing reproductive health problems will be determined by the type of work, conditions of the work environment, guaranteed protection from the office/company, etc. For example, pregnant women will be more easily disturbed if their health is done if they do work that requires excessive physical work and will not be easily disturbed if their work requires more mental work. Reproductive health problems, such as contracting sexually transmitted diseases, are more easily experienced by women who work at night, or in high-risk jobs such as hotel workers, hostesses, housemaids, massage therapists, prostitutes, and so on (Darwin and Wijaya, 2006).

On average, pregnant women in students' final project report clients at the Midwifery Study Program, Pematang Siantar, T.A. 2019 to 2021 is the number of secundigravida pregnancies. Many studies have concluded that the number of pregnancies affects the health of mothers or women in general, for example, research (Jarsiah, Netty, and Widyarni, 2020) states that parity or the number of births is significantly related to the incidence of anemia in pregnant women in the working area of the Limsu Public Health Center, Hulu Sungai Regency. middle. Likewise, Sari et al.'s (2021) research concluded that the number of pregnancies had a significant effect on the mother's regularity in ante-natal care visits during the Covid-19 pandemic (Sari et al., 2021)

Variables regarding birth history and maternal complications were found, almost all mothers in the LTA report stated that they had no history of abnormal births and had never experienced complications in childbirth. A complication that is often found in childbirth, for example in the third stage of labor, is postpartum hemorrhage, namely blood loss in the mother after delivery of more than 500 ml through the birth canal. Postpartum bleeding occurs in the first 24 hours, there are several possible causes, namely, uterine atony, injury to the birth canal, retained placenta, part of the placenta remaining in the uterus, abnormalities in the blood clotting process due to hypofibrinogenemia, incorrect management of the third stage, etc. (Ministry of Health Polytechnic, 2019). The maternal weight reported by LTA students of the P.siantar midwifery study program before and during pregnancy was found to be on average in the weight range of 50 kg to 70 kg. Increase in maternal weight during pregnancy is an indicator of maternal nutritional status during pregnancy. An increase the formation of body fat so that the pregnant woman's weight will automatically increase (Angga, 2016). The total recommendation for weight gain during pregnancy is based on the mother's nutritional status before pregnancy as measured using the body mass index (BMI). Pre-pregnancy weight and maternal weight gain are often used to predict pregnancy outcomes. These two aspects determine the nature of the pregnancy and have long-term consequences for both her and her baby. Many people think that weight gain tends to cause health problems. but for babies, it is a necessity that must happen. This is related to risks and complications in the mother to ensure tissue growth so that the newborn has an optimal body weight (Sumarmi, 2020).

Average weight of newborn babies in the LTA report of midwifery study program students P.siantar t.a. 2019-2021 is in the weight range of 2500 gr to 3000 gr. Birth weight is a measurement of the baby's weight which is carried out one hour after the baby is born

and is categorized into 3, namely low birth weight (<2500 gr), normal birth weight (2500-3999 gr), and over birth weight (\geq 4000 g). gr). According to the Ministry of Health of the Republic of Indonesia, babies with low birth weight are at risk of death, impaired growth and development if not handled properly and correctly (Unair, 2021). The state of lactation of postpartum mothers in the LTA report of midwifery study program students P.Siantar t.a. 2019 to 2021 is in the normal category. Normal lactation means the mother can breastfeed her baby well. Lactation is the physiological completion and completion of a woman's reproductive cycle which will be perfect if her life cycle experiences menstruation, ovulation, pregnancy, and childbirth and is completed by breastfeeding (lactation). During pregnancy, the mother's breasts develop and are prepared to take over the role of nutrition for the baby and placenta (Purwo Sri Rejeki, Dr., 2019). A complaint during the postpartum period that is often found in student LTA clients is pain in the perineum which arises due to injuries in the perineal tear. Perineal rupture is a condition where the female genital organs are torn which generally occurs during childbirth. The perineum is the area between the opening of the vagina and the anus. Perineal rupture can occur suddenly or iatrogenically. this is due to episiotomy and delivery with the help of instruments (<https://www.sehatq.com>, 2022). in terms of the contraceptive device to be used and the history of previous use of contraceptives, the majority of mothers who are clients of t.a. students' final assignment reports. 2019 to 2021 using injectable contraceptives. The type of contraceptive used, the availability of contraceptive services, and the mother's knowledge influence the mother's choice of contraception (Farina and Darmawati, 2018). Syukaisih's research (2015) concluded that the factors related to the choice of contraception at Rambah Samo Community Health Center, Rokan Hulu Regency in 2011 were educational factors (p-value = 0.037), knowledge (p-value = 0.000), providing information (p-value = 0.000). (Syukaisih, 2015). This research is in line with research by Herowaty (2017) which states that the use of injectable contraception is higher than other types of hormonal contraception, such as pills and implants. Injectable contraceptives are in demand because the easiest way is to simply inject hormonal substances into the body and the acceptor does not need to repeatedly go to a health service facility (Herowati and Sugiharto, 2019).

CONCLUSION

Description of the final assignment report of students from the Pematang Siantar midwifery study program for 2019 to 2021 academic year, it was found that the majority of mothers were

in the healthy reproduction category, the mothers' employment status was unemployed and the husbands worked as entrepreneurs. The majority of mothers' pregnancies were secundigravida, had no history of abnormal births, and the majority had no complications in previous births, and the average mother's weight before and during pregnancy was between 50 kg to 70 kg. The baby's weight is 2500 gr to 3500 gr and the most common postpartum complaint experienced by mothers is pain in the perineum. The mother's lactation condition is in the normal category and the contraceptive device that the mother wants to use and has previously used is an injectable contraceptive device.

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