

The challenges of early initiation of breastfeeding in post sectio caesarea patients

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ARTICLE INFO

Article history:

Received Aug 7, 2022

Revised Sep 1, 2022

Accepted Sep 28, 2022

Keywords:

Early Initiation of Breastfeeding
Post Sectio Caesarea
Patients

ABSTRACT

The implementation of initiation of breastfeeding has physiological benefits to help the contraction of the mother's uterus and provide benefits for the survival of the baby. Success and failure in the implementation of initiation of breastfeeding is influenced by many challenges. This systematic review aims to analyze the challenges of implementing Early Breastfeeding Initiation (IMD) in post-SC patients. This study is a systematic review using online databases, namely Scholar, ScienceDirect, ProQuest, and EBSCO. The keywords used are Early Initiation of Breastfeeding, Post Sectio Caesarea, Patients. The selection process used the PRISMA protocol so that 15 articles were obtained that met the inclusion criteria. The findings of the review indicated that there are still challenges to early initiation of breastfeeding, such as the development of dedicated health workers, lack of training for early initiation of breastfeeding after implementing SC, discomfort, little support from health workers, and delayed breastfeeding provided by influencers Practice room and advice on infant formula and infant formula from health workers.

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INTRODUCTION

The Ministry of Health noted that the rate of early initiation of breastfeeding in Indonesia increased from 51.8% in 2016 to 57.8% in 2017.^{1,2,3} The prevalence of early early initiation of breastfeeding based on results (RISKESDAS, 2018), in Indonesia there are 58.2% of infants had early initiation so that 41.8% of infants did not undergo Early Initiation of Breastfeeding when they were born. Despite the increase, this figure is still far from the 90% target. The implementation of this policy is based on Indonesian Government Regulation No. 33 of 2012, which stipulates that health workers and health care providers must give mothers of newborns at least 1 hour for early breastfeeding. Early breastfeeding is done by placing the baby prone on the mother's chest or stomach so that the baby's skin sticks to the mother's skin. Early initiation of breastfeeding is one of the efforts to increase the success of exclusive breastfeeding⁴.

Several factors that influence the implementation early initiation of breastfeeding include parity, mother's knowledge, family support, and health workers who have not fully supported the

breast milk development program⁵. Several studies have found that there is a significant relationship between the implementation of early initiation of breastfeeding and exclusive breastfeeding for mothers who have babies aged 0-6 months in Tangaran District, Sambas Regency⁶. This study is in line with other studies which state that there is a relationship between early initiation of breastfeeding and the success of exclusive breastfeeding in infants aged 0-6 months⁷. Early breastfeeding initiation supports the continuity of exclusive breastfeeding and the duration of breastfeeding. Several studies have found a significant association between early breastfeeding and exclusive breastfeeding among mothers with infants aged 0-6 months in Tangaland, Sambas Regency. This study is consistent with other studies showing an association between early breastfeeding initiation and the success of exclusive breastfeeding in infants 0-6 months of age. Several studies have found that normal postpartum mothers breastfeed faster than postpartum mothers^{8,9}. Several factors that influence the initiation of early breastfeeding are parity, maternal knowledge, family support, and incomplete support of health workers supported by the ASI Development Program.

Early initiation of breastfeeding facilitates the continuity of exclusive breastfeeding and the duration of breastfeeding. Several factors affect the release of breast milk after giving birth, namely stress after childbirth, pain, anesthesia, seeing, smelling and hearing the sound of a baby's cry. Pain, discomfort and anesthetic effects are factors that hinder the breastfeeding process for post-SC ibu mothers.^{10,11} Early initiation of breastfeeding benefits for infant survival. Breastfeeding can improve child survival, improve health status, and improve brain and motor development. Early initiation of breastfeeding and exclusive breastfeeding can prevent neonatal deaths and reduce the risk of infectious diseases¹². Early initiation of breastfeeding is carried out on postpartum mothers, both normal postpartum and post sectio caesarea. By doing Early initiation of breastfeeding, it is not only beneficial for newborns, but also for mothers who have just given birth, namely reducing the risk of bleeding after delivery and increbreast milkng the bounding attachment between mother and baby. The government's program on early initiation of breastfeeding is contained in government regulation number 33 of 2012 in article 9 paragraphs (1) and (2) and article 10 paragraphs (1) and (2).8.

METHODS

Database searches include Google Scholar, Science Direct, and Proquest with the keywords early initiation of breastfeeding in post sectio caesarea patients. The next stage is to select articles according to the criteria limits, which are published in 2015-2022 with full text, in the preparation of Preferred Reporting Items for Systematic Reviews and Meta Analysis (PRISMA) articles that have been found are then synthesized and analyzed according to the inclusion and exclusion criteria. The inclusion criteria in this systematic review are (1) Early initiation of breastfeeding in post sectio caesarea patients (2), research can provide information about the effectiveness of early initiation of breastfeeding. Early Breastfeeding Initiation While the exclusion criteria in this systematic review are (1): articles that do not describe the effectiveness of Early Breastfeeding Initiation. The search for articles began in August 2022 with keywords that had been determined by the researcher. The articles found by the researchers were selected according to the inclusion and exclusion criteria, with the keywords early initiation of breastfeeding in Post Sectio Caesarea Patients. The researcher deletes the published articles, examines the articles that meet the criteria and groups them according to the research results to proceed to the discussion.

RESULTS AND DISCUSSION

Initial literature search found 38 articles (Google Schoolar 30 articles, Science Direct 4 articles, Proquest 4 articles) 23 articles issued were not in sync with the discussion topic and did not discuss early initiation of breastfeeding 15 full text articles met the criteria as listed in Image 1

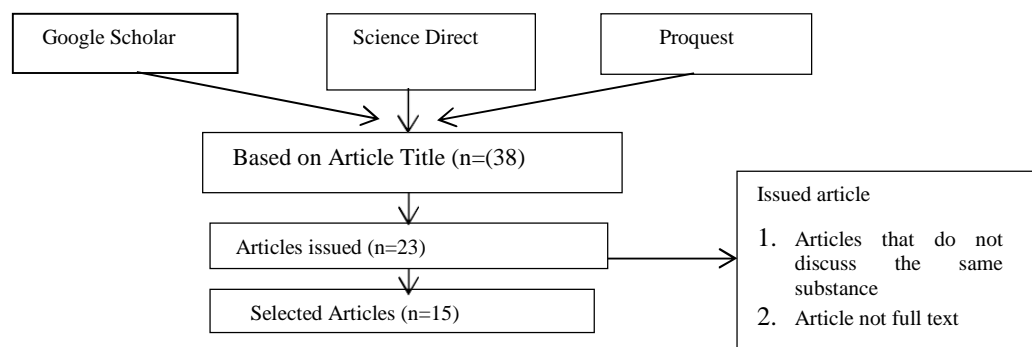


Figure 1. Flow diagram and article selection

The results of 15 articles showed that early initiation of breastfeeding in Post Sectio Caesarea Patients was obtained by analysis of research articles on early initiation of breastfeeding in Post Sectio Caesarea Patients in general.

Table 1. Early Initiation Of Breastfeeding In Post Sectio Caesarea Patients

No	Title, author, year	Results
1	Relationship between Early Initiation of Breastfeeding and Breast Milk Production in Post Partum Mothers in Mranggen Village, Jatinom District, Klaten ⁽¹³⁾ Meilani Yudi Arini,2013	The results of the study on the implementation of early initiation of breastfeeding there were 15 postpartum mothers (50%) who carried out early initiation of breastfeeding and 15 postpartum mothers (50%) who did not carry out early initiation of breastfeeding in Mranggen Village, Jatinom Klaten District. The production of breast milk for post partum mothers in Mranggen Village, Jatinom District, Klaten is mostly sufficient (53.3%) as many as 16 respondents.
2	Barriers to the Implementation of Early Breastfeeding Initiation in Post Sectio Caesarea Patients in NTB Province ¹⁴ Ana Pujianti Harahap, Aulia Amini, Nurul Qamariah Rista Andaruni, Rizkia Amilia, 2021	The results of the study that have been identified regarding barriers to the implementation of Early Breastfeeding Initiation (early initiation of breastfeeding) in post SC patients are: 1) Constraints on the lack of patient information about early initiation of breastfeeding , 2) there are no special health workers who carry out early initiation of breastfeeding , 3) lack of training on the implementation of early initiation of breastfeeding post SC, 4) Inconvenience of the patient's position during CS, 5) Mother's concern about the baby's condition during early initiation of breastfeeding , and 6) lack of teamwork of health workers.
3	Analysis of Factors Affecting the Production of Postpartum Mother's Milk Post Sectio Caesarea ¹⁵ Septiana Risyanti ¹ , Bunga Tiara Carolin ^{2*} , Sri Dinengsih, 2021	Univariate analysis found that 44.3% of post-SC mothers experienced good breast milk production, 34.9% mild pain, 56.6% experienced anxiety, 52.8% multipara, 67.9% age group was not at risk, and 62.3 % currently. educated. Bivariate results on the variables of pain intensity, level of anxiety, parity, age, and education each showed a p value of 0.000; 0.000; 0.024; 0.002; and 0.402 which means there is a relationship between pain intensity, level of anxiety, parity, and age in post SC mothers, while for the education variable there is no relationship between education and milk production in post SC mothers.
4	The Effect of Age and Education on the Implementation of Early Breastfeeding Initiation (Early Initiation Of Breastfeeding) in Post Sectio Caesarea Patients ¹⁶ Meylina Parel Ningsih ¹ , FX. Ady Soesetijo, Dewi Rokhmah. 2021	The results of data analysis showed that: 1) Age had no significant effect on the implementation of early initiation of breastfeeding in post sectio caesarea patients (p = 0.769) because the indication for delivery by sectio caesarea was not carried out in patients with high risk age, but also in productive age. 2) Education has no significant effect on the implementation of early initiation of breastfeeding in post sectio caesarea patients (p = 0.284) because knowledge about the importance of early breastfeeding initiation and how to do it is not obtained during formal education but from non-formal education and other educational media, so other educational

		media are needed. in order to support the implementation of early initiation of breastfeeding , especially in post-cesarean section patients.
5	Factors Associated with Post Sc Mothers in Breastfeeding Her Baby in the Mawar Room of RSud. Dr. H. Soewondo Kendal ¹⁷ Ahmaniyah, Iva Gamar Dian Pratiwi.2019	The results of data analysis show that the most dominant factor that can influence breastfeeding behavior in Post Sc mothers is the mother who is afraid of movement or is afraid of the stitches coming off. P value = 0.019 (P value <0.05) which means that there is a relationship between factors (breast pain/pain, cracked nipples, feeling tired, breast milk does not come out and fear of movement/fear of loose stitches) with post partum inu behavior SC. Factors of breast pain/pain, cracked nipples, feeling tired, breast milk does not come out and fear of movement/fear of loose stitches are factors that have a relationship with the behavior of Post SC mothers in giving early breastfeeding to their babies.
6	Relationship between Early Initiation of Breastfeeding and Exclusive Breastfeeding in Babies ¹⁸ Mawaddah, 2018	Results: Statistical test obtained p value = 0.001. This shows that there is a relationship between the early initiation of breastfeeding variable (Early Initiation of Breastfeeding) and Exclusive Breastfeeding (p<0.05). OR 9.17 (95%CT) indicates that respondents who are not given early initiation of breastfeeding are 9.17 times more at risk did not get exclusive breastfeeding compared to respondents who did early initiation of breastfeeding.
7	Anxiety Relationship with Implementation of Early Breastfeeding Initiation (Early initiation of breastfeeding) To Mrs. Post Sectio Caesarea (Sc) In the Edelweis Room, RSud Jombang ¹⁹ Ruchul Kurnia Achadyah, Sestu Retno DA, Mudhawaroh.2017	The results of the Mann Whitney test obtained a value of = 0.594, where > 0.05 so that there was no relationship between anxiety and the implementation of early initiation of breastfeeding in post sectio caesarea mothers in the Edelweis room at Jombang Hospital. Based on the research that I have done in the Edelweiss room of RSUD Jombang, almost all post sectio caesarea mothers experienced mild anxiety and only 3 people managed to initiate early breastfeeding. Most of the respondents never received information about early initiation of breastfeeding, it became one of the inhibiting factors for early initiation of breastfeeding. Another factor that affects the achievement of the mother's role is the health worker who is in the operating room. It is necessary to improve the quality of health services in the implementation of early initiation of breastfeeding so that early initiation of breastfeeding post sectio caesarea can increase.
8	Relationship between Early Initiation of Breastfeeding (Early initiation of breastfeeding) and Smooth Breast Milk Production in Post Sectio Caesaria Mothers in the Obstetrics Room of RSud Sawahlunto ²⁰ Etri Yanti, Fenny Fernando, Dwi Christina Rahayuningrum, Adeng Wartinis. 2021	The results of the study of respondents who did not do early initiation of breastfeeding were 17.1%, respondents with non-fluent milk production were (22.9%). The results of the chisquare test obtained p value = 0.000. It can be concluded that there is a relationship between early initiation of breastfeeding and the smooth production of breast milk in post sectio caesaria mothers. It is recommended that there be policies and education and motivation for post sectio caesarea mothers to breastfeed their babies early.
9	Factors Supporting the Success of Early Breastfeeding Initiation Practices In Private Hospitals And Government Hospitals In Jakarta. ²¹ Novianti, Mujiati.2015	Factors that can support the success of the early initiation of breastfeeding implementation are the delivery process, the condition of the mother and baby after delivery, the mother's knowledge about the importance of the early initiation of breastfeeding , the husband's support and the support of health workers in the implementation of the early initiation of breastfeeding. The high success rate of early initiation of breastfeeding implementation at Private Hospital 'X' is due to the synergy between health workers in carrying out safe and comfortable deliveries for mothers and babies, good knowledge of mothers about the benefits of early initiation of breastfeeding and support from husbands and health workers starting from the delivery process until the early initiation of breastfeeding process is completed. ..
10	Factors Related to Early Initiation of Breastfeeding in Postpartum Mothers at the Cilegon City Regional General Hospital ²²	The results showed that the implementation of early initiation of breastfeeding in Cilegon City Hospital in terms of structure, process and output was carried out quite well in spontaneous labor and had not been implemented in post-sectional caesarean deliveries. The cause of the implementation of early

	Mulia Lestari, 2019	initiation of breastfeeding is not optimal because the standard operational procedures of early initiation of breastfeeding owned by the hospital have not been applied to all types of delivery methods. early initiation of breastfeeding is only carried out during vaginal delivery. In addition, training for health workers has not been provided comprehensively.
11	Factors Related to Early Initiation of Breastfeeding in the Working Area of Satellite Health Center ²³ Nidya Aryani, 2018	The results showed that mothers who did BMI were 48.8%. Factors associated with having an early initiation of breastfeeding were pregnancy planning (p value = 0.000; OR = 84.94), parity (p value = 0.013; OR = 7.02), husband's support (p value = 0.000; OR = 6, 88), support from health workers (p value = 0.043; OR = 4.68), and knowledge (p value = 0.013; OR = 4.29). Of the five variables, the most dominant is the pregnancy plan variable (p value = 0.000; OR = 84.94). And the age variable (p value=0.197;OR=3.33) is a confounding variable.
12	Factors Affecting the Failure of Early Breastfeeding Initiation in Post Sectio Caesarea Mothers at Binjai Army Hospital ²⁴ Enni Prina Br. Ginting, Fikarwin Zuska, Asyiah Simanorang, 2018	The results showed that the factor of lack of support/role of health workers in facilitating mothers to do early initiation of breastfeeding , the husband's support factor in motivating mothers, the promotion of formula milk, the rampant promotion of formula milk in the mass media, friends, direct offers to mothers, led to the emergence of a mindset. mothers who think formula milk is as good as breast milk.
13	Determinants of Implementation of Early Breastfeeding Initiation ²⁵ Romadhina,2014	The results of this study indicate that 6 out of 10 samples or more than 50%, had early initiation of breastfeeding , 3 people due to maternal factors (predisposition) and 3 people due to midwifery factors (reinforcing). While 4 people did not do early initiation of breastfeeding due to maternal factors (predisposition) namely lack of knowledge and low mother motivation in implementing early initiation of breastfeeding , cultural influences and culture that is still held by the community and most mothers do not know about the meaning and benefits of early initiation of breastfeeding . So, for health workers who support childbirth, especially midwives, to further promote and disseminate information about the implementation of the early initiation of breastfeeding, it is supported by reporting and supervision by related parties
14	Factors Influence The Successful Implementation of Early Breastfeeding Initiation (Early initiation of breastfeeding) At Panti Rapih Hospital Yogyakarta ²⁶ Ana Setiyorini, 2015	There is no relationship between mother's education, mother's knowledge, mother's attitude, mother's readiness, breastfeeding experience, family/husband support, support from health workers on the successful implementation of early initiation of breastfeeding. The factor that is closest to the relationship with the successful implementation of early initiation of breastfeeding at Panti Rapih Hospital Yogyakarta is family/husband support.
15	The Effect of Early Breastfeeding Initiation on Breast Milk Production in Post Partum Mothers at Telogorejo Hospital Semarang. ²⁷ Budi Kiswati, Zakyatul Miskiyah	The results showed that the effect of early initiation of breastfeeding on breast milk production showed the value of p = 0.000 (< 0.50). The results of the study for the treatment group showed that the normal milk production results were 14 respondents (87.5%) and the excess was 2 people (12.5%). While the results of the study for the control group showed that all breast milk production was less (100%).

Discussion

The success of a mother in exclusively breastfeeding is influenced by several factors. Factors that influence the success of a mother in breastfeeding are predisposing factors, enabling factors, and reinforcing factors^{28,29,30}. Predisposing factors include age, education, knowledge, attitudes, and information exposure. Enabling factors include agency policies and available facilities. While the reinforcing factors are support from family or husband and support from health workers³¹. then the challenge of implementing the next early initiation of breastfeeding is that there are no special health workers who carry out early initiation of breastfeeding, lack of training on the

implementation of post-SC early initiation of breastfeeding, discomfort in the patient's position during SC, mother's concerns about the baby's condition during early initiation of breastfeeding, and also the lack of teamwork of health workers and the constraint of lack of patient information about early initiation of breastfeeding¹⁴. There are various challenges related to the early initiation of breastfeeding such as age, knowledge, education, and parity²³. Age is one of the factors that affect knowledge about early initiation of breastfeeding. A person who is mature and ready to reproduce and breastfeeding will increase his knowledge to prepare for the breastfeeding process. Increasing a person's age affects the increase in the knowledge he gains. Work is one of the factors that affect knowledge. A person who works has easier access to information than someone who does not work.

The ease with which a person can obtain information helps speed up the acquisition of knowledge. The level of education affects a person's attitude and behavior. A high level of education will be easier to absorb information. Mothers with higher education are more likely to carry out early initiation of breastfeeding compared to mothers with lower education²⁵. Mothers with good knowledge will tend to carry out early initiation of breastfeeding, as the results of a study conducted previously found that 72% of mothers with good knowledge carried out early initiation of breastfeeding and only 4% of well-informed mothers who did not implement the early initiation of breastfeeding³².

Family support, especially husband, has a big contribution in encouraging mothers to give early initiation of breastfeeding. Mothers who receive support from their families are 5 times more likely to have an early initiation of breastfeeding compared to mothers who do not receive support from their families³⁴. The support of health workers plays a role in the implementation of the early initiation of breastfeeding. The success of early initiation of breastfeeding lies in the support of health workers. The support of health workers can be seen from the efforts of health workers in informing the management of early initiation of breastfeeding and the benefits of early initiation of breastfeeding, accompanying mothers when the early initiation of breastfeeding process is carried out and the commitment and positive attitude of health workers³⁵. Parity is the number of pregnancies that produce a live fetus. Mothers who have had children for the first time (primipara) have more problems with lactation than mothers who have breastfed before (multipara)³⁶.

Postpartum mothers in the working area of the Titiwangi Health Center, South Lampung Regency reported that mothers who received family support were 5.01 times more likely to carry out early initiation of breastfeeding compared to mothers who did not receive support from their families³². Family support has an effect if the family functions well so that the mother has good preparation physically and mentally to be able to carry out early initiation of breastfeeding. The form of support can be in the form of providing information, as well as emotional support during the early initiation of breastfeeding implementation by accompanying the mother during childbirth. Family support has an effect if the family functions well so that the mother has good preparation physically and mentally to be able to carry out early initiation of breastfeeding.

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CONCLUSION

The findings of the review indicated that there are still challenges to early initiation of breastfeeding, such as the development of dedicated health workers, lack of training for early initiation of breastfeeding after implementing SC, discomfort, little support from health workers,

and delayed breastfeeding provided by influencers Practice room and advice on infant formula and infant formula from health workers.

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