

Midwifery Care On by. R Age 16 Days With Spit on Pratama Clinic Arrabih Pekanbaru 2019

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Abstract -Spit up is the return of milk that has been swallowed when or some time after drinking milk without contraction of the stomach wall. Spit up is a normal condition and is usually experienced by infants aged 0-6 months. The cause of the spit up is when the baby's breastfeeding technique is incorrect or after breastfeeding is not buried. The purpose of this care is to reduce the frequency of spit up in infants. The method used to reduce the frequency of spit up in infants is to improve breastfeeding techniques and burp the baby after breastfeeding. After Midwifery care for infants aged 0-6 months for four visits, the results Obtained are the frequency of spit-up experienced by babies aged 16 days has been reduced at the last visit. The conclusion with giving care about how to burp the baby and breastfeeding techniques that are good and right can be to reduce the frequency of spit up in infants. It is recommended to Midwifery care providers to be Able to hold counseling techniques on how to breastfeed properly and burp the baby after breastfeeding, so mothers who have babies aged 0-6 months are more calm in responding to the baby when experiencing spit up and pay more attention to good breastfeeding techniques and correct and burping the baby after breastfeeding.

Keywords : Spit, Midwifery Care

1. Introduction

Breast milk is the most suitable food for babies because it has the highest nutritional value compared to baby food made by man or derived from animal milk or from plant material. Breastfeeding is the way infant feeding is best. However, in feeding the baby, there are several problems that occur one regurgitation which is defined as "spit up" and regurgitation also occurs when breast-feeding technique is not correct or after breastfeeding is not disendawakan. Spit is a clinical symptom that is most often found in infants with gastroesophageal reflux (RGE). Gastroesophageal reflex is defined as the return of stomach contents into the esophagus is involuntary, without any effort of baby (Azizah, 2014),

Spit is a physiological condition in infants aged less than one year, especially less than six months. But frequently with increasing age of the baby, spit will disappear by itself. However, some parents do not know and understand about the event. It is evident that approximately 25% of parents consider that the spit is a situation that worries (Azizah, 2014),

The consequences of the spit can be a respiratory infection, fluid spit back keparu can cause inflammation of the lungs, breathing stops for a moment, spit liquid can cause irritation, pale face because the baby can not breath, infant choking and coughing. While it's normal, excessive spit up can cause a variety of complications that would interfere with the baby's growth (Bernardus, 2012),

It should be understood differently by vomiting spit. At the time of vomiting, the food that comes out is most or all of which have entered into the stomach. While the spit, just a little bit of food was reissued by the baby. Spit is a phenomenon that usually occurs in the first weeks of a baby's life. This is caused by mucus and amniotic fluid is ingested by the baby at the time of delivery. Both fluids that stimulate the baby spit up. This disorder sesungguhnya no harm, especially if it occurs at the age of 0-6 months and do not often frequent (Arwita, 2014),

According to research by Hegar, et al (2013), Spit much going on at the age of 0-3 months, the frequency sometimes reaches 1 to 4 times a day. 25% of babies have spit up more than 4 times a day during the first 3 months. Spit will become pathological when the frequency is more than 2 times a day for more than 2 days / week. In spit a pathology symptoms also found a decrease in body weight. Besides the baby will often cry, do not want to eat or dysphagia and respiratory disturbances (Hegar,

2013), The level of knowledge of the mother to spit up and how to handle it is minimal, most parents often did not consider serious in infants who experience frequent spit up. Though spit overload can cause a variety of complications that would interfere with the baby's growth (Bernardus, 2012), According to Professor Yvan, the elderly have much to learn and think objectively about the baby's condition. Because even though the spit is a normal situation, but if it did not note it would be possible specific cases occur until adulthood. Dr. Badriul Hegar also recommends that parents have a lot to find and dig up information on the spit, so that in the future there is no panic and assume that the spit is normal (Arwita, 2014), Babies will experience less spit up when fed with a more upright position. So that the milk does not flow back easily. Burping a baby shortly after feeding and breastfed a little but often, usually to help cope with spit (Bernardus, 2012),

To reduce the frequency of spit up on baby parents can position the baby in an upright position during and after feeding, in this position the milk into the baby's stomach would not go back again to the esophagus as it is influenced by the force of gravity (Arwita, 2014),

From the observation that the author did in the Primary Clinic Arrabih found a few mothers with babies from 0-6 months of age do not understand how to handle spit up good and proper.

Based on the description above, the writer interested to know and do a case study entitled "Midwifery Care On By. R Age 16 Days With Spit On Primary Clinic Arrabih Pekanbaru".

2. Method

The method is the case study approach Midwifery Care Management which consists of seven steps namely data collection, interpretation of basic data, a potential diagnosis, immediate action, planning, implementation and evaluation. Subjects in this case is By. R age of 16 days with spit.

3. Result

a. First visit

The first visit took place on July 4, 2019, at 19.45 pm visit the patient at home is done. Subjective data obtained after the breast-fed babies often vomit, vomit about 1 tablespoon in 1 day 4-5 times vomiting, fussy baby during and after feedings, the baby is only given breast milk alone, anxious mothers with babies circumstances.

Objective data obtained: General state either, R: 30 x / m, S: 36.0 ° C, N: 130 x / m, weight: 3500 grams, PB: 50 cm, are attached to the rest of the milk in the mouth baby, fussy baby and restless when hungry, fussy baby after feedings, Babies often BAK and BAB after feedings.

Assessment: Neonates term, according gestational age of 16 days with spit. Management of care to inform and care about the handling of the baby with the baby spit up on By. R

b. Second visit

On this visit is the result of the last visit took place on July 7, 2019, 20:25 pm located at the patient's home. Subjective data obtained mother said the baby spit up after feedings still, but the frequency has begun to decrease 2-3 times in small quantities and still cranky when urinating and bowel movements after feeding. Objective data obtained: the general state of good baby, BB: 3500 grams, S: 36,00C, N: 130 x / m, R : 32 x / m, BAK / BAB (+), Baby still cranky if bladder / bowel movements.

Assessment: Neonates term, according gestational age of 19 days with spit. Management of care to inform the results of the examination, evaluation of how burping the baby, evaluation of how good and proper feeding techniques, always keep the baby in order to stay clean environment, the deal return visits.

4. Discussion

In Indonesia 75% of infants under 3 months of suffering from spit. In fact, one in three mothers around the world need to be aware of the impact that occurs in infants spit them. Dr Badriul Hegar, SpA., PhD of the Department of Pediatrics, Faculty of Medicine, University of Indonesia / RSCM Jakarta explained that infants who continue to have spit at risk of suffering from malnutrition.

Generally spit normal intensity is 4-5 times every day, and babies with spit up more than 4 times a day, experienced a weight gain was lower in the first 4 months of age infants (Wigunantiningasih, 2012),

In collecting basic data on By. R age of 16 days with spit, carried out by collecting subjective data obtained from interviews, from subjektif the data obtained during the first visit until my last visit is the first visit of infants aged 0-6 months who have spit up, in which the patient's parents say that her baby 16 days old, the baby's mother complained about frequent vomiting after feedings, baby vomit as much as 4-5 times a day with a small amount of approximately 1 tablespoon. She also said the baby was fussy during and after feedings, the baby is given only breast milk alone, anxious mother with her baby state.

Then on the second visit the mother said the baby still spit with the same frequency but the number has been reduced to spit fluid from the first visit, namely approximately 1 teaspoon. Mom said it is not clever ways to burping the baby and mother are still anxious when her baby in keadan spit. Then, on the third visit the mother said the baby still spit but not as often last approximately 3-4 times in small amounts and mothers also feel dissatisfied breastfeed her baby because the mother's breast to feel a little strong. And on my last visit the baby still spit up but not often, but the baby is still fussy when BAK / BAB after feeding. Results from the first visit until my last visit there was no gap between theory and cases in infants aged 0-6 months who have spit up.

According to (The Goddess, 2012) Spit is a discharge of a small portion of the stomach contents after a while after the food into the stomach. Vomiting milk is something that can occur, especially in infants who received breast milk. This will not interfere with weight gain significantly. Spit usually occurs because babies swallow air when feeding.

According to (Hegar, 2013) There are four signs and symptoms, which secrete milk back when given the drink, spit up that normally occurs less than four times a day, not to interfere with the growth of the baby's weight, infant refused to drink. According to (Andani, 2012) causes spit it can include a variety of baby is already feeling full, stomach throttling valve not functioning perfectly, consequently, if after feeding the baby to sleep or be left in the wrong position, the milk will come out of the mouth. Position one while breastfeeding or bottle feeding. Haste when feeding. Failure to remove the air that is swallowed. Objective data were found on the first visit until my last visit is the first visit to the baby spit up frequency as much as 4-5 times a day in small quantities. Weight increased to 500 grams of birth weight. often BAK and BAB baby after feedings. often cranky if not breastfed. Then on both visits has decreased the amount of liquid spit up from the first visit is 1 times spit up approximately 1 teaspoon. Then on the third visit, the frequency of spit have started to decrease from the previous visit that is 3-4 times in a day later the baby is still cranky if given breast milk, the baby still taste or sound when breastfed and partially areola not fully get into the baby's mouth. Then on the last visit of breastfeeding technique is already well and truly although gumoh still there but in very small amounts. Results from the first visit until the last visit can be concluded that there is no gap between theory and cases.

According to (Hand, Sih Rini. Mulyati, 2017) This step is documenting the results of the analysis and intrestasi (conclusion) of subjective data and objective. Due to client circumstances could change at any time and will find new information in the subjective data and objective data, then the data review process will be very dynamic. In the analysis requires midwives to frequently perform the proper analysis of the dynamic data in order to follow the development of the client. Timely and accurate analysis of following the development of client data will ensure the rapid changes in the client knows, can continue to be followed and taken the right decision or action. The data analysis was doing intrestasi data that has been collected, including diagnosis, obstetric problems and needs. The interpretation of the data is done by collecting data closely and accurately,

According to (Hand, Sih Rini. Mulyati, 2017) Identifying the need for immediate action by the midwife or doctor or to be consulted or handled jointly with other members of the health team in accordance with the client's condition. The fourth step reflects the continuity of midwifery management process from the collected data can show a situation that requires immediate action, while others wait for the intervention per client's requirement that immediate treatment in infants aged 0-6 months with spit like: if spit up more than 4-5 times a day, immediately take the baby to the health service.

According to (Hegar, 2013) In this step needs thorough care while handling or attempts to do to prevent the baby spit up is to tell the mother to remain calm in response to the baby's spit up. Position your baby properly. Make sure the nipple and areola into the baby's mouth as a whole. Do not allow air to enter when breastfeeding because if the intake air will cause the baby out some of the milk they drink. Then if the baby already feel satisfied then sendawakan babies and do not immediately put to bed. This step requires the implementation of midwifery care in infants aged 0-6 months according to a pre-planned action and require immediate action suit client needs and provide good handling according to standard medical operations. According to (Hegar, 2013) care provided, among others: Specifies that the spit is a matter that should receive good care, Inform her that due to the current position gumoh improper breastfeeding or bottle incorrect position. Fix the breastfeeding technique. How correct latch attached to the baby's mouth and chin most of the breast areola, Do not give milk or milk when the baby is lying. Keep the baby in an upright position for 30 minutes after feeding, Sendawakan baby shortly after feeding, the baby is finished nursing do not immediately put to sleep, if the baby is very hungry you should not give milk or breast milk in advance because the baby will drink in a hurry so it will be a lot of air entering, Do not immediately pick up the baby when the spit, preferably tengkurapkan or tilt the baby and let the baby spit up until the end.

5. Conclusion

From the data collected, after author approval that will be examined patients and care provision on how burping a baby and how good breastfeeding technique and the right to reduce the frequency of spit up in infants, the author can collect data of subjective and objective data. When collecting data the authors do not suffer from a patient is willing to cooperate. The author did not find gaps in the data results of subjective and objective data. After all the data is collected authors to conclude that the analysis obtained neonates at term, according gestational age of 16 days with spit. After midwifery care during four visits to patients, the results obtained is the frequency of spit up in infants aged 16 days was reduced. Expected to midwifery care service providers are being practiced to maintain and improve the quality of existing midwifery services, especially to services for newborn babies with spit up can be done in the form of monitoring the health of the newborn. It is expected that as a reference as the developer of the science of midwifery care in newborns and serve as guidelines for the next case study. Expected to writers who would take this case study to be more precise in diagnosing and understand more about this case because there are still many parents who do not understand the difference spit up and vomiting in infants aged 0-6 months, how burping babies and how the breastfeeding technique good and true.

6. Reference

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