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## CONTINUITY MIDWIFERY CARE OF MRS. M, MRS.I, AND MRS. N IN MIDWIFERY INDEPENDENT PRACTICE LANGGENG SRI ASIH, S.ST AT DISTRICT OF PAGELARAN, PRINGSEWU REGENCY IN 2023

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### ABSTRACT

*Lower back pain or low back pain in pregnancy is an unpleasant condition due to the growing uterus and increased body weight causing the muscles to work harder so that it can cause stress on the muscles and joints. Pregnancy exercise can provide benefits for maintaining and improving the physical health of pregnant women, improving blood circulation, reducing complaints of aches and pains including back pain during pregnancy, and preparing breathing, muscle and pelvic activity to face the birth process. Based on the above, the authors take the formulation of the problem in this report whether pregnancy exercise in third trimester pregnant women can reduce back pain in pregnant women? This final project report is in the form of a case study using the SOAP method of documentation. The subjects of this study were third trimester pregnant women, childbirth, postpartum, newborns, so that mothers can decide on family planning methods. In collecting data, it is done by using anamnesis, physical examination, cases are processed and analyzed. The results of the study showed that pregnancy care was provided by providing pregnancy exercise care to 3 pregnant women who experienced back pain during pregnancy. Of the three pregnancies that were followed, all patients were given intervention by doing pregnancy exercise to show a decrease in back pain. This was stated by the results of interviews with patients that back pain was reduced after doing pregnancy exercise and one patient said that sleep became better after doing pregnancy exercise.*

**Keyword:** low back pain, pregnancy, pregnancy exercise.

### I. INTRODUCTION

Data from the Ministry of Health of the Republic of Indonesia in 2021 shows that there has been an increase in the number of maternal deaths by province, namely from 4627 cases in 2020 to 7389 cases in 2021. As for cases of infant mortality, the number of infant deaths in 2021 was 27,566 infant deaths, this shows a decrease compared to 2020 of 28,158 deaths. For cases of maternal and infant mortality, Lampung Province is included in the moderate zone,

because compared to provinces in eastern Indonesia this tends to be good because in the eastern region there are inadequate health facilities available so that cases of maternal and infant mortality are very high. (Indonesia Health Profile, 2021).

Pregnancy, childbirth, postpartum and BBL are physiological conditions but in the process there is the possibility of a condition that threatens the life of the mother and baby, even causing death. Examination and visits of mothers and babies

according to standard of care are very important in early detection of complications so that mothers and babies receive intensive treatment if danger signs appear. Standard ANC examinations up to postnatal and newborn visits need special attention to minimize the possible risk of complications for mother and baby. (Walyani, E, 2019).

In recent years, midwifery services have begun to combine conventional services with complementary services to improve quality in service. In accordance with Regulation of the Minister of Health No. 1109/Menkes/PER/IX/2007 concerning the Implementation of Complementary - Alternative Medicine in Health Facilities states that complementary services are non-conventional treatments aimed at improving the degree of public health including promotive, preventive, curative and rehabilitative with high quality, safety and effectiveness. For midwives and women, complementary midwifery services are an option to reduce medical interventions during pregnancy, childbirth, postpartum and newborns. (Indonesian Ministry of Health, 2019).

Lower back pain or low back pain in pregnancy is an unpleasant condition due to the growing uterus and increased body weight causing the muscles to work harder so that it can cause stress on the muscles and joints (Tyastuti, 2016).

Pregnancy exercise can provide benefits for maintaining and improving the physical health of pregnant women, improving blood circulation, reducing complaints of aches and pains, and preparing breathing, muscle and pelvic activity to face the birth process (Fitriani, 2018).

Based on the presurvey that the author did to Mrs. M, Mrs. I and Mrs. N at PMB Langgeng Sri Asih, S.ST, it can be seen that during their pregnancy check-up, the three patients complained of back pain and did not understand how to handle it. Complementary midwifery

care is carried out in accordance with the complaints that are felt, namely by giving pregnancy exercise to overcome complaints of back pain felt by mothers during the third trimester of pregnancy.

Based on the description above, the authors are interested in continuing midwifery care (Continuity of Care) using complementary midwifery care in accordance with midwifery problems in Mrs. M, Mrs. I and Mrs. N based on varney midwifery management using the SOAP documentation system starting from the pregnancy period with the provision of pregnancy exercises, childbirth, newborns, postpartum, and family planning.

## **II. METHOD**

In preparing this report, it was made using a case study design with a continuity of care approach, namely providing care that is carried out on an ongoing basis for pregnant women, childbirth, postpartum, newborns and family planning.

This Continuity of Care case study is conducted by examining a problem through a case consisting of a single unit. This single unit can mean one person, one population group or one community group. The unit that is the case is analyzed in depth both in terms of those related to the case itself, influencing factors, special events that arise in connection with the case, as well as the actions and reactions of the case to a treatment (Notoadmodjo, 2018).

Midwifery care provided in case studies is continuous and Continuity of Care, namely care starting from pregnancy, childbirth, postpartum, newborn and family planning for Mrs. M, Mrs. I and Mrs. N at PMB Langgeng Sri Asih, S.ST, Pagelaran District, Pringsewu Regency.

## **III. RESULT AND DISCUSSION**

Based on the results of pregnancy care for the three patients, namely Mrs. M, Mrs. I and Mrs.

N is known that the complaints that are felt are the same, namely back pain. Based on Astuti's theory (2017) explains that back pain is a complaint that occurs due to physiological changes in the third trimester of pregnancy where the enlarged uterus causes posture to become lordosis and affects changes in the fulcrum and center of gravity of the body's mechanical point that is not right can result in an aching sensation in the bones. the back or back, besides that it is also caused by an increase in the hormones estrogen and progesterone which affect the elasticity of the mucosa and muscles. Back pain experienced by Mrs. M, Mrs. I and Mrs. N is due to an enlarged uterus which causes body posture to become lordosis and affects changes in the fulcrum and center of gravity of the body's point.

Management of cases in Mrs M, Mrs I and Mrs N in third trimester of pregnancy with complaints of back pain is giving KIE related to discomfort in third trimester pregnancy, which is due to uterine enlargement which causes body posture to become lordosis and affects changes in fulcrum and center body point gravity.

The author also recommends avoiding uncomfortable heavy work, avoiding standing for too long, and avoiding lifting heavy weights with the aim of reducing the discomfort of back pain experienced by the three pregnant women. In addition, the author also teaches and guides them to do pregnancy exercises to deal with back pain felt by the three pregnant women. Pregnancy exercises are carried out for 20-30 minutes and are carried out 3 times a week for 3 weeks.

According to Eichi Septiani (2020) based on the results of writing and related theory, pregnancy exercise pregnancy exercise has a relationship with back pain, in doing this pregnancy exercise the muscles of the abdominal wall, ligaments and pelvic floor muscles can be trained to be more elastic and not experience stiffness in the muscles as well as providing a relaxing effect for

mothers, the more often mothers do this pregnancy exercise, the better muscle elasticity, so as to reduce pain in the mother's back.

In accordance with Astuti Brayshaw's theory (2018) which states that doing regular pregnancy exercises is believed to reduce back pain, one of which is transverse exercises, pelvic floor exercises and general stretching. Therefore pregnancy exercise exercises need to be taught in the antenatal period to ensure the rapid return of postnatal normal muscle shape, effective pushing ability during labour, especially reducing back pain during pregnancy.

After the intervention was carried out in the form of pregnancy exercise and evaluation of Ny. M, Mrs. I and Mrs. N for 3 weeks it was found that the back pain felt by these three pregnant women was reduced. This shows that pregnancy exercise is effective in reducing back pain complaints in third trimester pregnant women.

#### **IV. CONCLUSIONS AND RECOMMENDATIONS**

After the author carried out comprehensive midwifery care for Mrs. M, Mrs. I and Mrs. From the period of pregnancy, childbirth, newborns (BBL) and family planning, the authors draw a conclusion that is after giving pregnancy exercise to treat back pain in midwifery care for pregnancy, back pain is felt. This was stated by the results of interviews with patients that back pain was reduced after doing pregnancy exercise and one patient said that sleep became better after doing pregnancy exercise.

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