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# Qualitative Study Utilization Of Complementary Medical Services On Post Partum Mothers

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## Abstract

Complementary and alternative medicine in some midwifery communities has become an important part of midwifery practice. For midwives and women, complementary midwifery services are an alternative option to reduce medical interventions formothers *postpartum*. Existing complementary therapy is one of the community's treatment options, especially formothers *post partum*. Midwifery care is carried out by combining conventional and complementary midwifery services, and has become an important part of midwifery practice. In Indonesia there is no law that specifically regulates the implementation of complementary midwifery services, but the implementation of complementary medicine in general has been regulated in the Decree of the Minister of Health No. 1109/Menkes/Per/IX/2007 concerning complementary-alternative medicine.

The purpose of this study was to determine the use of complementary therapy inmother care *postpartum*, the need for complementary therapy formothers *postpartum* and the factors that influence the choice of complementary therapy inmothers *postpartum* and the reasons for using complementary midwifery therapy inmothers. The research method used is a qualitative research method with a phenomenological design. Data were collected by means of in- depth interviews. The sample of this research is 6mothers *post partum* who dovisits taken by *purposive sampling technique*. Meanwhile, for triangulation informants, there are 3 midwives who provideservices *Post Partum*.

Conclusion mothers *Post partum* have a good interest in using complementary midwifery services formothers *postpartum*, Utilization of complementary midwifery services inmothers *postpartum* all respondents have used complementary midwifery therapy, The need for complementary midwifery services in post partum mothers including oxytocin massage, breast massage, massage *postpartum*, Factors Affecting the Use of Complementary Therapies During Post Partum are time, communicative, friendly midwives, distance and having babies, The reason for choosing complementary midwifery services for *postpartum* mothers is by doing massage, touching the *postpartum* mother, giving a sense of comfort to the mother *Post Partum* and reduce medical intervention.

Keywords : *Complementary Obstetrics, Post Partum*



## 1. Introduction

Midwifery services are an integral part of the health care system provided by registered midwives, which can be performed independently, collaboratively and by referral. Midwives provide holistic, humanistic, evidence-based midwifery care with a midwifery care management approach, and pay attention to physical, psychological, emotional, socio-cultural, spiritual, economic, and environmental aspects that can affect women's reproductive health, including promotive, preventive, curative efforts, and rehabilitation according to their authority in the Regulation of the Minister of Health Number 28 of 2017 concerning Permits and Implementation of Midwife Practices. [1]

Complementary therapy is a therapy that is complementary and perfects conventional therapy, with the aim of complementing conventional medical treatment, is rational and does not conflict with health law in Indonesia.[2] The implementation of complementary therapy has been regulated in the Regulation of the Minister of Health of the Republic of Indonesia Number 1109 of 2007 concerning the implementation of alternative complementary medicine in health care facilities. Midwives can implement care for mothers and children by providing complementary services other than midwifery services according to applicable standards and regulations.[3]

The use of alternative and complementary traditional health services in the world has become entrenched and has begun to be included in the individual health care system. Based on data from WHO, 80% of health practitioners in developing countries prefer alternative medicine to chemical medicine. Indonesia is a country rich in diversity of traditional medicine. The development of the use of traditional medicine has great potential for improving the health and welfare of the nation.[4]

The postpartum period is an important period, because the risk of maternal and infant morbidity and mortality increases at this time. Bleeding is the main cause of maternal death in the world and mostly occurs before 24 hours postpartum. Therefore, birth attendants must ensure that the uterus is contracted properly, so that bleeding does not occur. The postpartum period is influenced by many factors, one of which is socio-cultural. Indonesia is a country that has socio-cultural diversity and has a tradition of maintaining health, especially for postpartum mothers. Management of services for postpartum mothers, apart from evidence-based obstetrics, sometimes postpartum mothers also use complementary therapies to deal with complaints experienced by mothers. Such as increasing the production of breast milk or reducing pain in the perineum wound. Apart from that, there are also several methods to speed up the recovery of the health condition of the postpartum mother. [5] Based on the problems above, the researcher is interested in conducting a research entitled How to Utilize Complementary Midwifery Services for Mothers Post Partum in Tegal Regency.

## 2. Methods

The research method used is a qualitative research method with a phenomenological design, to obtain depth of data through collecting the deepest data from the respondents to find out how to use complementary midwifery services for mothers postpartum, the mother's interest in using complementary therapy, the need to use complementary therapy in pregnant women, mothers post partum, types of complementary services for post partum mothers. Respondents in this study were midwives and mothers postpartum. The research tool uses interview guidelines. Respondents in this study were 6 main informants, namely mothers post partum and 3 triangulation informants of Independent Practice Midwives in Tegal Regency, the sampling technique was purposive sampling technique. The research was conducted in November 2021.



### 3. Results and Discussion

- a. Maternal interest *Post partum* in complementary therapeutic use in the puerperium.  
Based on interviews of six post partum maternal interest in complementary obstetric care

*Very interested because Very helpful with complementary obstetric therapy. (IU 1)*

*Yes, I'm interested in accompanying, helping people give birth. (IU 2)*

*Interest and support, so as not to give a little medicine, which is natural. (IU 3)*

*Interested, reduced medication and very helpful (IU 4)*

*I'm very interested, I like it, there is also an experience that breast milk is not smooth, then the midwife gives a touch on the back, massages. (IU 5)*

*Yes, I'm really interested, Mrs. Midwife has already helped. (IU 6)*

The results of interviews from the 6 respondents showed interest in using complementary midwifery therapy in Post Partum mothers. Knowledge is the result of knowing, and this occurs after people sense a certain object. Sensing occurs through the five human senses, namely: the senses of sight, hearing, smell, taste and touch. Most of human human knowledge is obtained through eyes and ears. Knowledge is a very important domain for the formation of one's actions. Behavior that is based on knowledge and awareness will be more lasting than behavior that is not based on knowledge. [4][6]

Complementary therapies that exist are one of the community's treatment options, especially for pregnant women and childbirth. In various health care places, not a few clients ask about complementary or alternative therapies to health workers such as midwives. This happens because the client wants to get a service that suits his choice, so that if the desire is fulfilled it will have an impact on client satisfaction. This can be an opportunity for midwives to play a role in providing complementary therapy.[7]

According to the midwife's information, many mothers *postpartum* have visited the clinic asking for complementary therapy to postpartum mothers. This shows the interest of postpartum mothers and the impact of developing complementary midwifery services on postpartum maternal patient visits, according to the results of interviews as follows:

According to information from midwives, many mothers *postpartum* have visited the clinic asking for complementary therapy to postpartum mothers. This shows the interest of postpartum mothers and the impact of developing complementary midwifery services on postpartum maternal patient visits, according to the results of interviews as follows:

*Thank God, there have been more visits, maybe because many are giving birth, yes, most of those who visit are mothers who still have their first child. (IT 1).*

*Quite an increase, new mothers who visit, some ask for therapy that does not use drugs, but in another way, I finally gave complementary midwifery care. (IT 2).*

*Is, Alhamdulillah postpartum mothers who use complementary midwifery, people are happy..(IT 3)*

The development of complementary midwifery services in the field was able to increase the increase in patient visits. The development of integrated complementary midwifery currently has considerable opportunities for the development of midwifery services, especially in diversifying the services provided and to meet the community's need for quality and affordable health services. [8]

Midwifery services are an integral part of the health care system provided by registered midwives, can be done independently, collaborate and refer to pregnant women, mothers in labor, postpartum mothers, newborns, toddlers and children. Parity is the condition of the mother giving birth to more than one fetus. Postpartum mothers who have children for the first time are new so they do not have experience so they visit health facilities such as midwives. On the other hand, mothers who gave birth to more than one had the assumption that they had experience so that they did not visit/ask questions to health facilities.

b. Utilization of complementary midwifery services in Post Partum Mothers

Based on the results of in-depth interviews, which have been conducted regarding the experience of mothers in using complementary therapies during Post Partum, from the interviews it is known that the majority of mothers have received complementary therapy from midwives in Post Partum.

*I have just had one child, I have no experience, I feel stressed, with the presence of a midwife who provides complementary midwifery therapy solutions, my breast milk becomes smooth and no longer hurts, my body feels good, I don't feel achy... thank you midwife, no need to go away drug. (IU 1).*

*No need to use medicine, it really helps after giving birth, no need to use medicine, with massage and touch it helps the milk to run smoothly and comes out a lot, it doesn't get clogged anymore. (IU 2).*

*My experience is that 1 week after giving birth, I visited the midwife's clinic, there was a postpartum massage, the midwife said to improve blood flow and increase the comfort of the postpartum mother, it turned out that after the massage the taste was very good, and breast milk was smooth. (IU 3)*

*Never had breast milk not smooth. I was stressed, I wanted to give formula, went to the midwife's place to try it so that the milk flowed smoothly, Alhamdulillah, the milk came out smoothly (IU 4) I*

*really like the method that doesn't use drugs, because I'm breastfeeding, I've had a bad body experience, Breast milk doesn't come out smoothly, go to the midwife for a consultation (IU 5)*

*Go to the clinic, because breastfeeding doesn't work when the first child doesn't have experience, the midwife gives a solution, breast massage so that the milk flows smoothly. (IU 6)*

*Mothers Post partum who use complementary midwifery care during the postpartum period have several reasons. One of the reasons is the holistic philosophy of complementary therapy, namely the existence of inner harmony and touch/massage in complementary therapy.*



Another reason is because mothers postpartum want to be involved in decision-making in treatment and improving quality of life than before. The existence of side effects from conventional treatment that is received causes choosing complementary therapies. This is what makes the current paradigm of midwifery services has experienced a shift. Midwifery care is carried out by combining conventional and complementary midwifery services, and has become an important part of midwifery practice. Existing complementary therapy is one of the community's treatment options, especially for mothers postpartum. In various health care places, not a few mothers postpartum ask about complementary or alternative therapies to health workers such as midwives. This happens because mothers Post partum want to get services according to their choice, so that if the wishes are fulfilled, it will have an impact on client satisfaction. This can be an opportunity for midwives to play a role in providing complementary therapy. [7]

In Indonesia there is no law that specifically regulates the implementation of complementary midwifery services, but the implementation of complementary medicine in general has been regulated in the Decree of the Minister of Health No. 1109/Menkes/Per/LX/2007 concerning complementary-alternative medicine. For many midwives and women, complementary midwifery services are an option to reduce medical interventions during pregnancy and childbirth, and experience this has been quite helpful. [3]

According to information from midwives, the types of complementary midwifery services form mothers postpartum that are often of interest are oxytocin massage, postpartum massage, and breast massage, this is based on the results of interviews as follows:

*Oxytocin massage, breast massage, because often with little breast milk, it doesn't go smoothly, mothers who have just had children are stressed, because there is little milk. (IT 1).*

*There are those who ask for a postpartum massage, yes, oxytocin massage, yes breast massage. (IT 2)*

*There are those who want their stomachs to be not distended, they want to be slim again, they want to lose weight, oxytocin massage, massage for postpartum mothers, breasts, yes, related to the postpartum period. (IT 3).*

Complementary medicine and therapy have been regulated in PERMENKES No: 1109/Menkes/Per/LX/2007. The types of complementary therapy include: a. Mind and body interventions include: Hypnotherapy, mediation, spiritual healing, prayer and yoga. b. Alternative medicine service systems include: acupuncture, acupressure, naturopathy, homeopathy, aromatherapy, Ayurveda c. Manual healing methods include: chiropractic, healing touch, tuina, shiatsu, osteopathy, massage d. Pharmacological and biological treatments include: herbs, herbs, gura e. Diet and nutrition for prevention and treatment include: macro nutrient diet, micro nutrient f. Other means of diagnosis and treatment include: ozone therapy, hyperbaric. [5]

Based on the regulation of the Minister of Health of the Republic of Indonesia regarding the types of complementary therapies that have been recognized in Indonesia mentioned above, actually every health worker has legal protection to be able to provide health services using complementary therapies in accordance with the scope of services based on their profession. In midwifery services, almost all of the above can be applied by midwives to mothers and children. Types of complementary midwifery services in the Post partum period :



- a. <sup>4</sup> Oxytocin massage: Oxytocin massage is a spinal massage on the 5th-6th ribs to the scapula which will accelerate the work of the parasympathetic nerves stimulating the posterior pituitary to release oxytocin
  - b. Postpartum Massage: This massage is generally carried out by midwives in the first week to the second week after childbirth. The aim is to improve blood flow and increase the comfort of postpartum mothers,
  - c. Breast Massage: Breast massage referred to in this study is breast massage during the puerperium, aiming to facilitate milk production.
- c. Utilization of complementary midwifery services in mothers *post partum*  
Based on the results of in-depth interviews, regarding the need for complementary midwifery services during mothers *Post Partum*

*I once used the complementary therapy of oxytocin massage. (IU 1)*

*I am happy with all complementary midwifery services during childbirth, as long as I do not use drugs. (IU 2).*

*I like massages, the body feels good, everyone is happy. (IU 3)*

*I like oxytocin massage, breast massage so that breast milk flows smoothly, I don't have to use drugs (IU 4).*

*I like to drink herbal medicine, massage after giving birth. (IU 5)*

*Happy, massage breast milk smoothly, massage crew, while you can treat more healthy, and not at risk with me and my child. (IU 6).*

Complementary midwifery services in question are health services <sup>11</sup> provided by registered midwives that can be performed independently for pregnant women, mothers in labor, postpartum mothers, newborns, infants and children, as well as women of reproductive age and the elderly. [1] By applying non-conventional treatment (alternative and traditional) aimed at supporting the normal state of the client or as an alternative option in overcoming complications or complications.[7]

There are also complementary therapies that call it holistic medicine. This opinion is based on a form of therapy that affects the individual as a whole, namely an individual harmony to integrate the mind, body, and soul into a single function. The need for complementary therapy can be adjusted to the needs of the mother, midwives as service providers can improve services by providing complementary therapies.

<sup>10</sup> Based on the regulation of the Minister of Health of the Republic of Indonesia regarding the types of complementary therapies that have been recognized in Indonesia mentioned above, actually every health worker <sup>9</sup> has legal protection to be able to provide health services using complementary therapies <sup>7</sup> in accordance with the scope of services based on their profession. In midwifery services, almost all of the above can be applied by midwives to mothers and children. [6]

Types of complementary midwifery services in the *Post partum period* include: a. <sup>4</sup> Oxytocin massage: Oxytocin massage is a spinal massage on the 5th-6th ribs to the scapula which will accelerate the work of the parasympathetic nerves to stimulate the posterior pituitary to release oxytocin, b. Postpartum Massage: This massage is generally carried out by midwives in the first week to the second week after childbirth. The aim is to improve blood flow and



increase the comfort of postpartum mothers, c. Breast Massage: Breast massage referred to in this study is breast massage during the puerperium, aiming to facilitate milk production. [6]

The results of Suryawati's research in 2007 in Jepara Regency there were 60 postpartum mothers, showing 41.7% of respondents abstaining from consuming meat and fish, 83.3% of respondents doing body massage to restore body fitness and drinking herbal medicine was carried out by almost all respondents. [8]

d. Factors Affecting the Use of Complementary Therapy During *Post Partum*

Based on the results of in-depth interviews, regarding the Factors Affecting the Use of Complementary Therapy During *Post Partum*

*A midwife whose communication is good, not rude. (IU 1)*

*The distance from the house is close so I can go to the midwife's place. (IU 2)*

*Those who wait for the baby, usually wait for their husband/family who can take care of the child (IU 3)*

*Distance, time because there are babies, the midwife is friendly. (IU 4)*

*Time, it's hard to have small children (IU 5)*

*Nothing, the midwife is friendly, nice, kind, so it can be arranged to go to the clinic. (IU6).*

Factors that are considered in the use of complementary therapies during post partum include time, communicative, friendly midwives, distance and having babies. [4]

According to information from midwives, the obstacles faced in complementary midwifery services for post partum mothers were lacking socialization to the community, community outreach not all people knew about complementary midwifery care, knowledge and experience and there were still traditional birth attendants in the village. This is based on the results of interviews as foll:

*Maybe not all of the people know about it, maybe they don't have enough information, maybe there's socialization too...(IT 1)*

*There is still a dukun here, so sometimes there are people who run to the shaman. (IT 2)*

*In this case, the midwife must have knowledge, experience, additional training to support it. (IT 3)*

The provision of complementary midwifery services can be an added value for the practice of independent midwives. By providing innovative services and services that meet their expectations, it has improved the quality of health services.

Dukuns are partners with midwives whose existence is still highly trusted by the community. The shaman approach uses a family approach and upholds local customs, making it easier for the community to trust. The provision of complementary therapy is still assumed to be the authority of the shaman, for that there is a need for socialization and health education to the community that the provision of complementary therapy is a complement to the provision of conventional medical therapy.

There is a need for socialization and promotion efforts to the community about the benefits of using complementary and alternative therapies as a complement to the provision of medical services, and empowering midwives as facilitators for the community to increase promotive and preventive efforts through complementary therapies.[7]

Efforts to disseminate information and knowledge about complementary therapies to the community can be carried out by midwives and other health workers through activities that are already running in the community, such as Posyandu, PKK activities, social gathering and recitation. With the provision of correct and continuous information, it is hoped that there will be a paradigm shift regarding the provision of complementary therapy services by health workers.

e. Reasons for choosing complementary midwifery services for post partum mothers

Based on the results of in-depth interviews, regarding the reasons for choosing complementary midwifery services for post partum mothers

*It's delicious, there is a touch from the midwife, it's more comfortable, rather than using drugs, I don't like taking medicine either. (IU 1)*

*Very satisfied with the midwife's service with massages, very helpful, no need for medicine. (IU 2).*

*It's better to choose oxytocin massage to facilitate breast milk, it is safer, more comfortable, the body is not tired. (IU 3).*

*I am happy with the current service at the midwife, there is a technique to facilitate it, the village people like to get a massage. (IU 4)*

*The midwife is friendly, cheap, there are other ways not to take medicine, because I've also been taking herbal medicine during childbirth, which haven't had a massage technique. (IU 5).*

*Happy, excited, you are fresh, breastfeeding is smooth. (IU 6).*

Based on data from WHO, 80% of health practitioners in developing countries prefer alternative medicine to chemical medicine (WHO, 2012). Health services today are not just doing treatment, but also touch or lead to other dimensions in the patient, including emotional, psychological, spiritual conditions, to other environmental factors. The community's need for health is currently increasingly complex, the cost of health services is also getting higher, meanwhile people's purchasing power is decreasing, and in the end people are looking for other alternatives to get health. The above phenomenon spurs health service providers, including midwifery services, to develop services that meet the needs of the community, which are quality and affordable. [9]. <sup>2</sup> Complementary midwifery services are an option to reduce medical intervention in the *post partum period*. [10]

By doing massage, touching the postpartum mother, provides a sense of comfort for the Post Partum mother and reduces medical intervention. The massage culture formothers is *postpartum* still mostly done by respondents on the grounds of relieving fatigue after giving birth. In this case, according to Manurung (2009) the area to be massaged is all parts of the body except the stomach. The amount varies for each respondent. The massage is given to a woman who is an expert in helping childbirth and caring for women after giving birth. Although there is not much scientific evidence to support the use of complementary therapies, based on



the experience of *providers* and *users*, complementary therapies are safe and can be used in mothers and children. Complementary medicines used in the provision of complementary therapy are natural medicines, namely taking materials from nature. The ingredients commonly used in complementary medicine in Indonesia have generally been studied and investigated for their effectiveness and safety. [6]

According to information from midwives, the reason midwives practice complementary midwifery services for post partum mothers is patient demand, reducing the use of drugs during the puerperium, adding value to midwives. This is based on the results of interviews as follows:

*Sometimes there are patient requests, reduce the use of drugs during the puerperium, to be closer to the patient, provide touch/massage, the patient feels comfortable, introduces the patient to complementary health services during the puerperium (IT). 1).*

*So that we don't take medication, because we are breastfeeding, we provide natural/conventional therapy, providing information to patients with complementary midwifery services. (IT 2).*

*An added value for my BPM, there are patients themselves who ask to be massaged, support traditional natural treatments, so that they attract people to visit. (IT 3).*

There are several reasons for midwives to practice complementary midwifery services for post partum mothers, including the provision of complementary midwifery services that can be an added value to the practice of independent midwives. By providing innovative services and services that meet their expectations, it has improved the quality of health services. Client satisfaction is part of quality health services. The principle of improving the quality of health services is to meet the client's needs, namely by fulfilling the services desired by the client. By fulfilling the client's request, there will be a process of improving the process, quantity and quality of service.

#### 4. Conclusion

Mothers *Post partum* who have an interest in the use of complementary obstetric care in mothers *postpartum*, obstetric care utilization complementary in mothers *post partum* all respondents have used complementary therapies obstetrics, The need for complementary midwifery services in post partum mothers include oxytocin massage, breast massage, postpartum massage, Factors Affecting the Use of Complementary Therapy During Post Partum are time, communicative, friendly midwife, distance and having babies, The reason for choosing complementary midwifery services for postpartum mothers is by doing massage, touching the postpartum mother, giving a sense of comfort to the postpartum mother and reducing medical intervention.

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