



EFFECTIVENESS OF COLD CABBAGE LEAF COMPRESSES BREAST PAIN AND BREAST ENGORGEMENT IN POSTPARTUM MOTHERS

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Abstract

Introduction: The postpartum period is an important period in maternal care, where discomfort or problems often arise during the postpartum period such as pain and swelling of the breasts. Cold cabbage leaf compress is known as a non-pharmacological method that is effective in reducing pain and swelling in the breasts.

Objectives: This evidence-based case report aims to determine the effectiveness of cold cabbage leaves against pain and breast swelling in postpartum mothers.

Method: Article searches were carried out through scientific journal databases and other trusted sources. The articles found were adjusted to the inclusion and exclusion criteria and then subjected to critical review.

Result: There is a decrease in the level of pain in the mother's breasts as measured using the Visual Analogue Scale and there is a decrease in swelling of the mother's breasts as measured by SPES.

Conclusion: The results of evidence-based case reports show that cold cabbage leaf compresses reduce pain and breast swelling in postpartum mothers.

Keywords: postpartum, cabbage leaves, breast engorgement.

INTRODUCTION

Breastfeeding is a natural event for a woman who is useful for mothers and babies. Frequent breastfeeding problems in the early postpartum period (postpartum period or lactation) include breast swelling engorgement) or also called breast milk dam. Breast swelling is the damming of milk due to constriction lactiferous duct or by the glands which is not completely emptied (1).

Women who do not breastfeed can experience breast swelling, milk leakage, and breast pain, which peaks on the 3rd to 5th day after giving birth. Ten percent of women reported severe pain for up to 14 days. The impact of breast swelling is not treated can develop into mastitis, an acute infection of the mammary glands, with clinical results such as inflammation, fever, chills, maternal discomfort, fatigue, breast abscesses, and even septicemia (2).

The main factors or causes of breast milk dams in Indonesia are 2% of mothers being tired or sick, 5% of babies being sick, 9% of babies not being breastfed at night, 10% of poor breastfeeding positions, 24% of flat nipples, 24% of babies not breastfeeding. often or not for a long time as much as 4% (3).

Treatment of breast swelling can be done pharmacologically and non-pharmacologically. Strategies for reducing breast swelling by midwives non-

pharmacologically can be done with acupuncture, traditional breast care (hot compresses combined with massage), cabbage leaves, alternating hot and cold compresses, cold compresses, and ultrasound therapy (3).

Giving compressed Cabbage leaves is a one-way non-pharmacological treatment for reducing breast swelling (4). Cabbage contains the amino acid methionine which functions as an antibiotic and other ingredients such as sinigrin (Allylthiocyanate), mustard oil, magnesium, and Oxylate sulfur heterosides that can help widen the capillaries that increase blood flow in and out through the area and possible the body to reabsorb the fluid blocked in the breast. Besides that Cabbage leaves also release a cool gel that can absorb heat which is marked with The client feels more comfortable and the cabbage leaves become wilted/ripe after attachment (5).

Cabbage is a vegetable that is easy to find, economical, and contains lots of nutrients. Cabbage contains very high levels of sulfur which can be used to reduce breast inflammation (6).

Cabbage leaves have been used for centuries as a folk remedy for a variety of ailments and have received a lot of new attention from lactation professionals over the last 10 years. Cabbage or cabbage (*Brassica Oleracea* Var *Capitata*) is an economical vegetable that is very easy to find around us. Cabbage is rich in phytonutrients and various vitamins such as vitamins A, C, and E, and glucosinolate content which has anticancer activity. Cabbage is also rich in sulfur which is believed to reduce breast swelling and inflammation (7).

METHODS

Search for articles using the PubMed, Google Scholar, and Cochrane databases. The keywords used are words that represent the population, namely postpartum, cabbage leaves, and breast engorgement.

The journal articles used are articles that meet the criteria with publication years from 2018 to 2023 with a Randomized Controlled Trial research design in English and Indonesian. Relevant articles were screened by title and abstract and double-filtered by looking at the full availability of the text and reading the text in its entirety. Articles that have been screened are identified regarding importance, applicability, and validity.

RESULTS AND DISCUSSION

Breast engorgement is considered to be the most common health problem affecting a large number of women post-delivery. This condition is felt to be painful and can hinder the success of breastfeeding, leading to premature cessation of breastfeeding, and reduced breast milk production. Breast engorgement can also cause cracked nipples, mastitis, and breast abscesses. Therefore, effective management of breast engorgement may provide an approach for healthcare providers to improve postnatal care, including breastfeeding (8).

Based on the midwifery care that the author has provided to Mrs. H, the author will discuss the management of care that has been provided, namely the application of cold cabbage leaves for breast swelling in postpartum mothers from March 4 to March 5 2023 at the patient's home, precisely in the Kebon Gedang 5/5 sub-district. The first thing the author did was to assess subjective and objective data so that a problem was found in the mother, namely swelling in the breasts. Next, the author approaches the patient by communicating and facilitating the patient's needs so that the patient's comfort and trust are established in the author. Next, the author explains the impact of breast engorgement on the mother and baby if it is not treated properly.

The author also explains several techniques for treating swollen breasts that are commonly used. The author explains the benefits, how to do it, and the effects of cabbage leaves on breast engorgement. Then the author explains to the mother about the breast care that will be used to treat complaints of swelling in the mother's breasts. The mother is willing to apply a cold cabbage leaf compress to the mother's swollen breasts.

Cabbage contains the amino acid as an antibiotic, methionine which contains antibiotics, and other ingredients such as sinigrin (Allylisoithiocyanate), mustard oil, magnesium, sulfur heterosides which are useful as cauters (help widen capillaries for blood), increasing blood flow so that it can facilitate flow from blocked areas. This composition can also allow the body to reabsorb fluids that are blocked in the breast (9). Apart from that, cabbage leaves contain the amino acid methionine which functions to reduce pain (10).

Evaluation of the results of the cabbage leaf compress intervention on Mrs. H showed a reduction in the level of pain and breast swelling. In the 1st intervention, the author checked the pain level using the Visual Analogue Scale.

VAS is a powerful, sensitive, and capable method repeated to express the severity of the pain. VAS Instrument has been used to measure pain since the 20th century and succeeded considered as an assessment instrument effective for measuring pain (11). The mother's pain level was found to be 7, which means the classification of moderate pain. After 15 minutes of intervention, the author checked the pain level again using the Visual Analogue Scale with the number 5 which means moderate pain.

The author examined breast swelling before intervention with SPES. SPES is a standard tool for assessing the occurrence of breast swelling in the early postpartum phase of post-period labor.

The Six Point Engorgement Scale (SPES) has validity and reliability as a valid diagnostic tool and is used to measure swelling in the breast (12). A score of 5 was obtained before the intervention was carried out and after the intervention was carried out for 15 minutes, a score of 5 was obtained, which means the breasts were hard and painful. For the 2nd to 6th interventions, the mother does it herself at home concerning the procedures that have been given and explained.

After carrying out the intervention for 2 days 6 times, the researchers evaluated the results of what the mother had done. In the second intervention, the pain level before the intervention was 15 and after the intervention for 5 minutes, it was 4, which means there was still moderate pain. The swelling score before intervention is 5 and after intervention is 5, which means the mother's breasts are hard and painful. In the third intervention, the pain level before the intervention was 4 and after the intervention for 15 minutes, it was 4, which means there was still moderate pain. The swelling score before the intervention is 5 and after the intervention is 4, which means the mother's breasts are hard and starting to hurt a little. In the 4th intervention, the pain level before the intervention was 4, and after the 15-minute intervention was 3, which means mild pain. The swelling score before intervention is 4 and after intervention is 4, which means the mother's breasts are hard and starting to hurt a little. In the 5th intervention, the pain level before the intervention was 3, and after the 15-minute intervention was 1, which means mild pain. The swelling score before intervention is 4 and after intervention is 4, which means the mother's breasts are hard and starting to hurt a little. In the 6th intervention, the pain level before the intervention was 0, which means the mother no longer feels pain and after 15 minutes of intervention, it remains 0, which means the mother no longer feels pain. The swelling score before the intervention is 3 and after the intervention is 2, which means the mother's breasts are a little hard and there are starting to be slight changes in the breasts.

The breast swelling experienced by Mrs. stands out again. So when breast milk production increases the mother is unable to empty her breasts and breast swelling

occurs. But the mother has started to empty her breasts using a breast pump so that breast milk is given to the baby via a teat bottle.

The mother is also still learning how to care for her breasts and how to breastfeed her baby because this is Mrs. H's first child. Cold cabbage leaf compresses can reduce breast swelling because the high glutamine content in cabbage is useful for treating inflammation, one of which is breast inflammation, and the cold gel content in cabbage can absorb heat, which is indicated by the client feeling more comfortable and the cabbage leaves become wilted or cooked after 15 minutes of attachment (13).

Cold cabbage leaf compress intervention is effective in reducing the level of pain and breast swelling. This is in line with research by Song Ji-Ah and Hur Myung Haeng explaining the results of a Systematic Review of 12 articles, cabbage leaves are effective in reducing pain, tenderness, and swelling in the breasts. (14). Other studies show that using cabbage leaves can also reduce pain (85.9% to 13%), breast tenderness (80% to 10%), redness (75% to 11%), and breast swelling (88% to 15%), and can extend the duration of breastfeeding (15).

CONCLUSION

The Evidence-Based application of the cold cabbage leaf compress applied to Mrs. Heni can be concluded that this intervention is effective in reducing the level of pain and breast swelling in postpartum mothers. This can be seen from the pain level before the intervention, namely 7 (severe pain) and a swelling score of 5, which means the breasts are hard and painful. After carrying out the intervention for 2 days, 6 times 15 minutes, it was found that the mother had no breast pain and the mother's breasts were slightly swollen

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