



## THE EFFECT OF COUNTER PRESSURE MESSAGE ON PAIN MANAGEMENT IN PUBTER WOMEN *EVIDENCE BASED CASE REPORT (EBCR)*

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### Abstract

**Introduction:** Childbirth is a possible physiological process that happens through a series of changes big on the candidate Mother can give birth to the fetus through road born Back pain is one of the perceived complaints of almost all postpartum mother since pregnancy. In the world, around 80% of postpartum mothers experience painful back lower after normal delivery.

**Objectives:** Report based proof This aims To know the Influence of *Counter pressure massaging* on painful back part lower postpartum in Region Work Public health center Garuda.

**Result:** *Counterpressure massage* is applied to the Mother give birth and get it results that intensity painful the more reduce compared to with The use of *counterpressure massage* .

**Method:** Search journals use key word, *Counterpressure massage*, *low back pain* And E-data based as well obtained from a number of articles found in accordance with criteria inclusion and exclusion Then reviewed in a way critical.

**Conclusion:** Implementation of *counterpressure massage* as a method non pharmacologically proven effective in reducing back part lower after giving birth, With giving *Counterpressure massage* can close gate message pain that will delivered towards the spinal cord and muscles, besides That with strong pressure at the moment give technique the so will activate endorphin compounds in the synapse cells nerve bone behind, so transmission from message painful can inhibited and caused decline sensation painful.

**Keywords:** counter pressure massage, Reliever painful back part lower, Postpartum

### INTRODUCTION

Labor is a possible physiological process happen series change big on candidates Mother For can give birth to the fetus through road born . Fun times become a mother really felt it after birth baby. Apart from feelings happy, mother also experienced frequent complaints become a stressor. Mom will experience a number of discomfort in the postpartum period. A number of discomfort experienced postpartum mothers are fatigue, pain used episiotomy, mastitis, afterpain, pain back bottom, problem psychological, postpartum hemorrhage and anemia.<sup>1</sup>

Back pain lower is one of perceived complaints almost all over postpartum mother since pregnancy. In the world, around 80% of postpartum mothers experience painful back lower after normal delivery. Back pain lower appears in 45-55% of mothers at week first postpartum, continued at 8 weeks postpartum as much as 68% and 60% at 8 months next. In Indonesia, 60-80% of mothers pregnant experience painful back lower during her pregnancy , and more than 50% of complaints persists in the postpartum period.<sup>2</sup> Back pain lower or Low back pain (LBP) is one disease musculoskeletal with high

Bandung, 22-23 November 2023

prevalence in population general. LBP conditions in general accompanied with decline activity annoying functionality activity daily. It happened painful back down in the postpartum period is defined as recurring pain or Keep going continuously during more from One week in the area around bone. Back pain in the postpartum is very related with disturbed functional activities.<sup>2</sup>

Persistent pain cause obstruction activity mother and lowered quality life. The impact No only felt by the mother but also by babies, families, and communities. Complaint painful waist lower disrupt happy times Mother together baby including breastfeeding. The postpartum recovery period will lasts a long time if complaint painful back lower not resolved.<sup>3</sup>

Back pain lower need comprehensive roles and efforts nurse in do intervention for reduce painful postpartum mother. Handling painful back can done with therapy nonpharmacological or therapy complementary. Management painful covers therapy pharmacological and non- pharmacological. Therapy pharmacological covers player drug analgesic. Non- pharmacological therapy management non- pharmacological pain, including form use technique distraction technique relaxation, hypnosis, Transcutaneous Electrical Nerve Stimulation (TENS), massage puncture needles, aromatherapy, as well compress warm and cold.<sup>2</sup>

Counter pressure is one Application technique gate-control theory with using technique massage with hinder signal pain, increase Genre blood and oxygenation to all over network. Massage given to Mother giving birth for twenty minute will more free from pain. Massage the will stimulate body For releases potent endorphins as a pain reliever and creates feeling comfortable. Massage in a way gentle help Mother feel fresher, more comfortable in her postpartum period.<sup>4</sup>

## METHODS

Search method journal This obtained from a number of articles found \_ both on PubMed and Google Scholar or source trusted journal \_ other with using the keywords , Counter pressure massage, low back pain and post partum , And E-Data based Which consists from :

1. Say Key

Keywords used \_\_ For search journal This is *Counter pressure massage, low back pain* and post partum

2. E-Data based

Data sources used For search journal related are PubMed and Google Scholar.

In search journals on E-data based, journal used \_ is what fulfills it criteria inclusion , that is journal international which was published in ten year final (2013-2023) design study is *Randomized Controlled Trial* in Language English or Indonesia as well suitability title And topic . Criteria exclusion that is title and abstract are not in accordance .

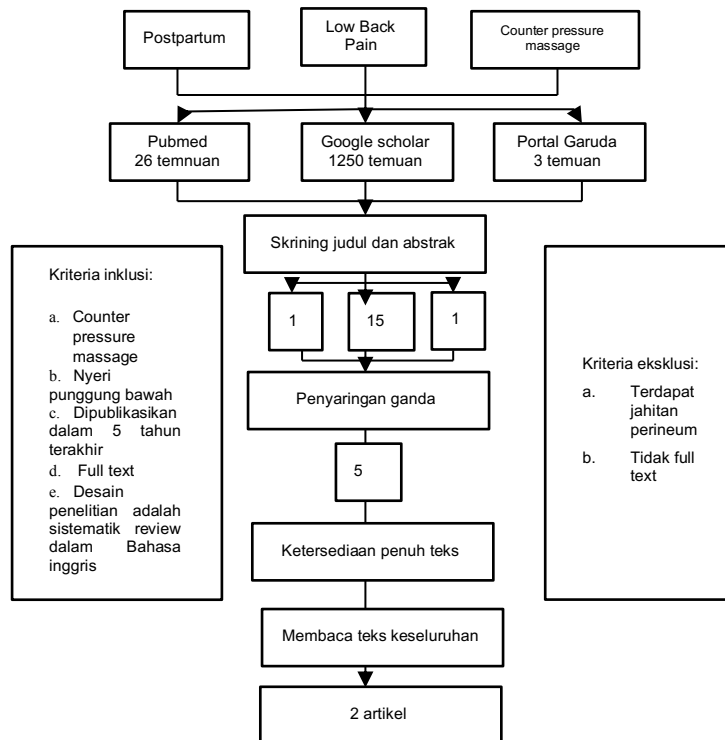


Chart 1. Flowchart

## RESULTS AND DISCUSSION

Back pain lower or Low back pain (LBP) is one disease musculoskeletal with high prevalence in population general. LBP conditions in general accompanied with decline activity annoying functionality activity daily. It happened painful back down in the postpartum period is defined as recurring pain or Keep going continuously during more from One week in the area around bone behind. Back pain down in the postpartum is very related with disturbed functional activities.<sup>2</sup>

Based on care midwifery who have done writer to Mrs. S then writer will discuss management care midwifery who have given in the form of a counter pressure massage, carried out on April 13 2023 at the Garuda Health Center UPT. In chap this, writer will discuss interventions that have been given and relevance existing evidence. First, writer do approach moreover formerly with Mrs. S order relationship can intertwined with comfortable, after That writer explain purpose and objectives in implementation care midwifery This so that intertwine connection each other trust and avoid wrong understanding client to writer and Mrs. S is ready given counter pressure massage intervention carried out in a way verbally and Mrs. S already agree to it.

Upbringing given to Mother in case This started with do observation For monitor the postpartum period and condition Mother as well as baby, fulfill need nutrition, and provide care in subtraction painful back lower with do Counterpressure Massage intervention. Before done Counterpressure Massage is given evaluation scale measured pain through the Numeric Rating Scale (NRS) where obtained mark a score of 6 means pain are in the category medium. First steps before give intervention, researcher recommend Mother For look for comfortable position like position lie on your side to left or sit. Mom said comfortable with sitting position. Then done administering Counterpressure with use oil wood white during about 20 minutes with push in a way gentle on the area hips in a way together above butt Mother namely in areas that have Lots muscle or in the area nerve thoracic 10, 11, 12, to lumbal 1. Emphasis done with method release and press Again until so on during contraction. This movement done in

Bandung, 22-23 November 2023

a way repeated as many as 2 to 3 times . After Counterpressure Massage is given, then done return evaluation scale measured pain using NRS and obtained mark score 2 which means scale painful is in the very few category painful .

Numeric Rating Score is good indicator For evaluation level the pain experienced patient in accordance subjectivity patient the . The method patient requested For assess the pain in accordance with intensity levels pain on a numeral scale from 0-10 or 0-100. The number 0 means "no pain" and 10 or 100 means "serve pain". great ).

Therapists and staff other medical can obtain basic data later \_ used scale it on each treatment next For monitor is progress <sup>5</sup>occurs .

Counterpressure is massage pressure gentle with method put heel hand or parts flat from hands, or also use a tennis ball on the area lumbar Where He currently experience back pain. <sup>5</sup> The counterpressure massage technique is Massage techniques for painful waist labor with method nonpharmacological, ie with push innervation of the pain area waist Mother maternity , use fist hand waist Mother for 20 minutes with sitting position. Emphasis done when respondents experience uterine contractions (which give rise to painful waist ) during phase I active .<sup>6</sup>

With giving counterpressure massage can close gate message pain that will delivered towards the spinal cord and muscles , besides That with strong pressure at the moment give technique the so will activate endorphin compounds in the synapse cells nerve bone behind , so transmission from message painful can inhibited and caused decline painful sensation .<sup>7</sup> Oxytocin is a hormone that is released from gland posterior pituitary and released with method throbbing as response to stimulation . This method is alternative profitable cost and effective For induction and augmentation of labor.<sup>7</sup>

Management Pressure in counterpressure massage can be given in movement straight or circle small . This technique effective remove Sick back consequence labor . However need realized that There is mothers who don't normal massaged , even touched moment experience contractions , p This caused because contraction like that strong so that Mother No capable Again accept stimulation anything on the body . Midwives must understand matter this and respect desire Mom , steps Doing counterpressure massage, namely :<sup>8</sup>

1. Tell mom steps to be performed and its function
2. Advise Mother look for comfortable position like position lie on your side to left or sitting
3. Wash hand
4. Push sacrum area Excellent with base or one 's fist palm hand every contraction for 20 minutes, release and press again, I see so on during contraction.
5. Evaluate the counterpressure massage technique.

Evaluation from results counter pressure massage intervention , there is management proper postpartum pain , where in interventions carried out writer towards Mrs. S is done examination at 10.30 WIB with a total NRS of 6 marks Mrs. S is on scale painful currently Then done care midwifery with gave a counter pressure massage which was carried out by my husband and I obtained results exists decline level painful back part lower post partum, because at 11.05 WIB it was carried out interview Mrs. S and the total Numeric Rate Scale is 2 which means scale painful is on level A little .

According to writer , with No do a counter pressure massage then postpartum pain appears in a way experience . If not supported with factor physique and circumstances psychological so painful back part lower No can handled by mother . Recommendations moment giving birth like eat, drink, do mobilization, position and breathing in need done by mother giving birth so can support management pain in the postpartum or postpartum periode. Other possible efforts done by the family that is give support with accompany and fulfill need Mother during postpartum . Besides that Midwives are also needed give support with do care appropriate delivery with circumstances Mother so that pain during the postpartum period can experience decline .

During the postpartum period a healthy body is needed. Pain can increase influenced by various factor, which will give rise to discomfort felt by the mother. Counter pressure

Bandung, 22-23 November 2023

massage is one of them possible actions given as alternative in lower level pain during the postpartum period. Pain can occur changed become adequate when massage No done with That's right , mother get support and mother own optimism in undergo her birth. Comfort mothers need it too noticed Because stimulation carried out on sensitive parts for a woman.<sup>2</sup> Can be concluded that counter pressure massage intervention against management pain in mother proven can help lower level painful back part under postpartum, p This in line with results research conducted in Tangerang, Banjarmasin, where happen significant decrease in the average numerical rate score between The group received counter pressure massage after 20 minutes several cycles intervention than groups that don't given intervention.<sup>9</sup> This is also in line with research conducted at Domas Nurchandra, Banjarmasin, where concluded that stimulation lumbar massage effective in the pain management process.<sup>10</sup> Apart from that , success interventions carried out writer aligned with results study yan carried out in Bangka Belitung which shows that counter pressure massage is effective in decline level painful back part lower during the postpartum period.<sup>11</sup>

## CONCLUSION

Application Evidence based counter pressure massage for handle problem painful back bottom in postpartum mothers is considered effective, p This can seen from results inspection related level postpartum pain before and after done Intervention .

## ACKNOWLEDGEMENTS

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