



## THE MENTORING PROGRAM IMPROVES THE CAPABILITY OF CADRES AND FAMILIES REGARDING THE HEALTH OF POSTPARTUM MOTHERS

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### Abstract

**Introduction:** The postpartum period starts after giving birth until the next 6 weeks. During this period, women experience physiological and psychological changes that can increase the risk of health problems. Based on research results, several causes of health problems experienced during this period were fatigue, pain and stress, so efforts need to be made to overcome these problems. Another factor in improving the health of postpartum mothers is the role of other parties who can help mothers overcome their complaints, one of which is cadres. The problem found among cadres is the low level of cadre knowledge about postpartum maternal health.

**Objectives:** The aim of this community partnership program is to empower cadres by providing training to improve the health of postpartum mothers.

**Method:** This community partnership program will be implemented in the Babakan sub-district, Surabaya, Bandung City from March to October 2023. The partners in this activity are cadres and families. The implementation of this program takes the form of assisting cadres in 14 activities containing basic postpartum material, theory and practice of effleurage massage as well as health education material. Before and after taking part in the enrichment material, cadre knowledge is measured, then practice and assessment are carried out using an effleurage massage checklist and a health education activity assessment list.

**Result:** The result of this activity is increased knowledge of cadres and families regarding the health of postpartum mothers, cadres are able to provide health education and also cadres and families are able to perform Effleurage massage on postpartum mothers.

**Conclusion:** Community partnership programs through cadre mentoring are effective in increasing cadres' knowledge and abilities in supporting the improved health of postpartum mothers.

**Keywords:** partnership, cadre, postpartum mother

### INTRODUCTION

The postpartum period begins after delivery and lasts until 6 weeks. During this period, postpartum mothers experience physiological and psychological changes to restore their health condition.(1)(2) Postpartum mothers may experience increased health risks, especially in the first week postpartum.(3,4) Based on research, postpartum morbidity can occur. experienced include bleeding, fever, hypertension, after pain and other causes.(1)

To prevent morbidity in the postpartum period, postpartum mothers need to maintain their health condition and overcome various problems that they may experience, especially regarding pain, fatigue, and stress. If these problems are not prevented and handled properly, they can reduce health conditions and become risk factors for disorders or diseases during the postpartum period.(3,5)

Various methods can be used to overcome this problem. One non-pharmacological method that can be used is the pain relief technique using herbs, namely through the effleurage massage method using lemongrass aromatherapy oil.(6) Effleurage massage is a method of reducing pain through touch or massage which provides stimulation to the brain to limit pain.(7,8) This technique can also improve blood circulation, stimulate endorphins, reduce the hormone cortisol, and balance the work of the body's organs.(9) Effleurage massage can overcome problems experienced during the postpartum period. Based on research results, effleurage massage can not only reduce fatigue but also increase relaxation and help you sleep. There is an increase in delta waves when giving effleurage massage. Other research shows that optimizing effleurage massage using citronella aromatherapy oil has a positive effect on reducing pain.(8–10)

Efforts to reduce problems in postpartum mothers are not only the responsibility of the postpartum mothers themselves but also the parties around them, one of which is cadres. Maternal and child health cadres are one of the supporting factors in improving maternal and child health in the community.(11) Empowerment of cadres is very necessary to improve the level of maternal and child health in an area. Data shows that there is still a lack of knowledge and ability of cadres to improve maternal health during the postpartum period. Empowering cadres through community partnership programs is very important to improve maternal health during the postpartum period.

## **METHODS**

This community partnership program involves partners, namely cadres and families of postpartum mothers, totaling 10 people each. The location for this partnership is in the Babakan sub-district area, Surabaya, Bandung City. The tools and materials used in this partnership are flip sheets as a medium for counseling and lemongrass aromatherapy oil which is used during massage.

The design of this partnership activity was prepared in 14 meetings containing the provision of material and practice. Before getting the material, cadres first take a pretest and then a posttest to measure changes in knowledge. During practice, an assessment is carried out using a massage checklist and health education assessment sheet.

## **RESULTS AND DISCUSSION**

Partnership activities start with submitting a permit to the Bandung City National and Political Unity Agency and Babakan sub-district, Surabaya. The selection of cadres is in collaboration with the midwife in charge of the Babakan Surabaya area and the cadre leader. The selection of postpartum mothers' family partners is adjusted to the clients of postpartum mothers in the Babakan Surabaya area in collaboration with midwives.

This program has been implemented from March to October 2023 in 14 meetings. The material presented includes the concept of health, the needs and problems of postpartum mothers, how to deal with complaints during the postpartum period, effleurage massage using lemongrass aromatherapy oil and material regarding the concept of health education. The next process after providing material and practice is assisting cadres in carrying out health education practices for postpartum mothers using flip sheets and practicing effleurage

massage for postpartum mothers as well as teaching families how to carry out these techniques. The results of the community partnership program activities are as follows:

### **1. Increasing the knowledge of cadres and families of postpartum mothers regarding the health of postpartum mothers**

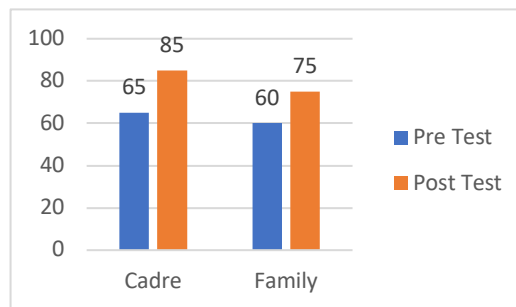


Figure 1 Increase in partner knowledge before and after providing the material

Knowledge of partners, both cadres and families, has increased significantly (figure 1). These results are in accordance with research conducted by Febrianto in 2019 which stated that providing Health Education or training to cadres was effective in increasing cadre knowledge. Providing Health Education in this community partnership program succeeded in increasing partners' knowledge through the dissemination of materials and the use of flip sheets(12,13)

### **2. Increase the ability of cadres to provide counseling**

Cadres who provide counseling to postpartum mothers receive assessments from the partnership program implementation team and accompanying midwives. The results of measuring extension skills show a very good average score of 90. A cadre is someone who is used to interacting with the community. One of the activities that involves cadre is the posyandu which includes health promotion activities. The ability to provide health education is very important for cadres to have. Providing information to increase cadres' knowledge in the context of health promotion is useful in increasing cadres' capacity to provide health education. This can also increase cadres' self-confidence and experience in these activities.(11–15)

### **3. Increasing cadres ability to perform effleurage massage**

The effleurage massage technique is one of the methods trained to cadres in this program. Cadres and families practice massage after receiving the material.

The results of the assessment using a checklist showed a fairly good score, namely 90. Cadre training through effective practice in improving cadres' ability to perform massage.(15)

## CONCLUSIONS

The community partnership program in the context of empowering cadres effectively increases the knowledge and abilities of cadres and families to improve the health of postpartum mothers.

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