



Nursing Intervention For Mother With Postpartum Fatigue : A Literature Review

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Abstract

Postpartum fatigue is a common and natural phenomenon that often affects mothers after giving birth. This phenomenon occurs immediately after delivery and reaches the highest level of fatigue in the first 24 hours, so non-pharmacological nursing interventions are very effective when focused from the beginning of the postpartum period to reduce the level of postpartum fatigue. This literature aims to determine effective nursing interventions used to reduce postpartum maternal fatigue. The method used in this literature review begins with determining the topic, then determining keywords to search for journals. Scopus, ScienceDirect and PubMed are the databases used, searching for journals from 2010 to 2018 consisting of several research articles. The results of the synthesis of articles that have been explored show that nursing interventions with non-pharmacological methods can be applied to reduce fatigue in postpartum mothers, this is because non-pharmacological methods are easier, cheaper, acceptable to patients, non-invasive and without side effects. An effective nursing intervention to reduce postpartum fatigue is to choose one of the methods including slow stroke back massage, meridian acupressure and pilates exercises.

Keywords: *fatigue, postpartum, nursing intervention, slow stroke back massage, meridian acupressure and pilates exercises*

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Introduction

Postpartum fatigue is a phenomenon that often affects after childbirth. This phenomenon occurs immediately after delivery and reaches the highest level of fatigue at 24 hours after delivery (Kuo, 2012). The results showed that the most frequently reported physical health problems in the first 0-6 weeks of the postpartum period were

77.5% fatigue, 76.0% sleep disturbances, and 61.3% dysuria (Aksu, Varol, & Hotun Sahin, 2017). The results of other studies say that mothers experience fatigue after giving birth, where the level of fatigue is high at 68.89%, moderate to 24.44%, and low at 6.67% (Saragih, Hapsari, & Sumarni, 2015). High levels of fatigue that occur in early postpartum will prevent mothers from

adapting to their new roles as new mothers and can also cause postpartum depression (Choi SY, Gu HJ, 2011).

The causes of postpartum fatigue are physical fatigue due to childbirth, lack of sleep, recovery after childbirth, unfamiliarity with caring for babies, feelings of unfocused, unmotivated feelings, feelings of anxiety and depression (Tsuchiya et al., 2016). Although postpartum fatigue is common and a natural phenomenon, it should receive attention because of its extraordinary nature. The occurrence of problems in physical adaptation and psychological stress in the postpartum period can have a negative impact on the mother so that it interferes with her adjustment to daily life, and negative feelings that tend to lead to postpartum depression (Jung, Choi, Kang, & Choi, 2017).

Extreme fatigue in postpartum mothers can cause the risk of infection of reproductive organs due to weak immune conditions and can even result in death of the mother if she does not get postpartum care properly and periodically, so that efforts to improve the quality of life of postpartum women are carried out by nursing interventions for mothers. very effective when focused from the beginning of the postpartum

period to reduce the level of perceived postpartum fatigue (Kusumasari Viantika, 2018).

Non-pharmacological nursing interventions can be given to postpartum mothers in reducing fatigue felt after giving birth, this is because non-pharmacological methods are easier, cheaper, acceptable to patients, non-invasive and without side effects. Nursing interventions that can be applied to help reduce fatigue felt after childbirth vary widely, including slow stroke back massage, meridian acupressure and pilates exercises (Aliabadi & Rahdari, 2016; Jung et al., 2017; Ashrafinia et al., 2015). This postpartum period provides an opportunity for maternity nurses to be involved in providing non-pharmacological therapy in accordance with the support from research results (evidence based practice).

Method

The method used in this literature review begins with determining the topic, then determining keywords to search for journals. Scopus, ScienceDirect and PubMed are databases used in the search for journals from 2010 to 2018 consisting of several research articles. The keywords used are

fatigue, postpartum, nursing intervention, slow stroke back massage, meridian acupressure and pilates exercises.

Result and Discussion

A. Postpartum Fatigue

In general, fatigue is a condition in which an individual lacks energy and feels tired. Postpartum fatigue is one of the common phenomena reported by postpartum mothers and is defined as a subjective feeling. The phenomenon of fatigue can include multidimensional physical, behavioral, and psychological components (Aliabadi & Rahdari, 2016). Postpartum fatigue is physical fatigue due to childbirth, lack of sleep, recovery after childbirth, unfamiliarity with caring for the baby, feeling unfocused, feeling unmotivated, feeling anxious and depressed (Tsuchiya et al., 2016).

Primiparous women tend to complain of fatigue after giving birth primipara (Ashrafinia et al., 2015), this is because in the postpartum period there will be a transitional phase that affects the mother's physical, mental health, and hormonal changes. The birth of a child is

a stressful and significant transitive event in life, especially for primiparous mothers (Yelland J, Sutherland G, 2010).

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Kuo (2012) studied 121 mothers in Taiwan from the third trimester to 1 week postpartum and found that the level of fatigue was highest at 1 day postpartum, and showed a decrease in fatigue by the seventh postpartum day. Another study conducted with 197 mothers in Taiwan from the second trimester to 1 month postpartum reported that the level of fatigue increased from the second to the third trimester and remained unchanged until 1 month postpartum (Cheng et al., 2015).

B. Nursing Intervention to decrease postpartum fatigue

The treatment that can be given in the postpartum period to reduce the fatigue felt by the mother after giving birth is a non-pharmacological nursing intervention, because non-pharmacological methods are easier, cheaper, acceptable to patients, non-invasive and without side effects. The following is a description of non-pharmacological nursing intervention methods that are effective for reducing fatigue ***Slow Stroke Back Massage. Meridian Accupressure Massage dan Pilates Exercise***

Slow Stroke Back Massage

Slow stroke back massage is a massage with a simple technique, cheap, fast, and is a non-invasive nursing intervention. Massage affects the central nervous system and releases central analgesic substances such as endorphins and encephalons. The movements used cause quite a sensational effect and are very beneficial for the patient's relaxation effect (Aliabadi & Rahdari, 2016).

Slow stroke back massage is a nursing intervention that can reduce fatigue and emotional comfort of patients in

primiparous mothers after spontaneous delivery. Slow stroke back massage is done with gentle skin movements, slow, rhythmic hand movements, sliding over the skin all over the body and starting from the posterior part of the body. This movement is carried out at a speed of 60 movements in one minute and takes about 20 minutes (Aliabadi & Rahdari, 2016).

The results of this study indicate that slow stroke back massage is effectively used to reduce postpartum fatigue in primiparous mothers after spontaneous delivery and can improve their quality of life. Many women and their families have little information about the effects of the postpartum period, especially postpartum fatigue. Interventions such as back massage slow stroke back massage can provide an effective effect, without side effects, easy, inexpensive, can be done at home, can be easily taught and non-invasive measures to prevent and relieve fatigue (Aliabadi & Rahdari, 2016).

Meridian Accupressure Massage

Meridian acupressure massage helps restore balance between organs,

maintains body balance by massaging the acupuncture point areas, activates the parasympathetic nervous system and puts the body in a relaxed state, thereby increasing blood circulation. Meridian acupuncture massage is done once a day for 90 minutes, done over 5 days. Each meridian acupuncture massage consists of a 5-minute preparatory stage, 80-minute main stage (1.abdomen, 2.upper limbs, 3.chest, abdomen, 4.back, 5.lower limbs), and a 5-minute finishing (Jung et al., 2017).

Meridian acupuncture massage has a positive effect on the psychological stress response, can reduce edema, reduce total subjective stress, reduce psychological stress, and reduce subjective fatigue after childbirth. Through quantitative measurement of physiological parameters, the results of this study identified that meridian acupuncture massage produces a positive impact on the body and edema, by controlling the function of internal organs, increasing blood and lymph circulation. Giving meridian acupuncture massage will cause physical, psychological, mental relaxation, reduce

stress and fatigue in postpartum mothers (Jung et al., 2017).

Pilates Exercise

Pilates exercise was introduced by Joseph Pilates in the early 20th century, pilates exercise is considered a good method to speed up recovery after pregnancy. Pilates consists of a series of 13 movements: bridging; hundred; roll ups; one leg circle (both ways); rockers with closed legs; single straight leg stretch; double leg stretches; spine stretch forward; single leg kicks; side kick ups and downs; side kick circles; rest position (stretch and relaxation); and curling (Ashrafinia et al., 2015).

The exercises are stretching movements focused on deep breaths, including full body stretching and core strengthening. This exercise is recommended for women during the postpartum period as long as there are no medical problems in the postpartum mother. This exercise begins 72 hours after delivery until 8 weeks after delivery and is performed for half an hour every day according to the recommendations of the

American College of Obstetricians and Gynecologists (Ashrafinia et al., 2015).

The results of this study indicate that pilates exercise at home is an effective, healthy and feasible method to reduce postpartum fatigue. Pilates exercise is popular because it is economical, can be done at home, does not interfere with raising children, reduces fatigue, and reduces the risk of depression (Ashrafinia et al., 2015).

C. The Role of Maternity Nurses in Kolcaba's Comfort Theory on Postpartum Maternal Fatigue

The application of the nursing model of Catharine Kolcaba in comfort theory argues that humans have a comprehensive response to complex stimuli and a sense of comfort, which is the result as a response to the stimulus. To get this feeling of comfort, mothers try to be active by trying to behave in a healthy life in their lives and trying to get satisfaction in care (Alligood, 2010).

Comfort theory as a middle range theory has a low level of abstraction and is easy to apply in nursing practice. Maternity nurses can apply comfort nursing

theory to provide comfort due to fatigue felt after childbirth (Alligood, 2010). Postpartum mothers in the first 24 hours need the partially compensatory nursing system in the early postpartum stage (Kuo, 2012). Postpartum mothers need help from nurses in considering physiological and psychological conditions, especially in the aspect of perceived fatigue (Alligood, 2010).

Catherine Kolcaba's nursing model in Comfort theory aims to increase comfort. Comfort according to Kolcaba's theory of comfort is defined as an immediate experience that becomes a strength through the need for relief, ease and transcendence that can be fulfilled in four experience contexts including physical, environmental, psychospiritual and social aspects in order to reduce fatigue in postpartum mothers (Alligood, 2010).

Conclusion

Nursing interventions with non-pharmacological methods can be applied to reduce fatigue in postpartum mothers, this is because non-pharmacological methods are easier, cheaper, acceptable to patients, non-invasive and without side effects. Effec-

tive nursing interventions to reduce postpartum fatigue by choosing one of them slow stroke back massage, meridian acupressure and pilates exercises

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