THE APPLICATION OF MARMET TECHNIQUE TO THE BREAST MILK PRODUCTION AT POST PARTUM

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ABSTRACT

Background: Post partum is a period of recovery begins after labor. Post partum mothers often breast milk their babies. Breast milk given often experiences non-fluency. One of the non-pharmacological management to launch breast milk that can be done by nurses namely by marmet technique. Purpose: To describe the results of implementation of the application of marmet techniques to breast milk production at post partum. Method: The research uses a descriptive method and the results are included in the observation sheet. Results: After being given marmet technique of the post partum. There is breast milk production in both respondent. Ny. J breast milk smoothly on the second day with baby indicator: urinating 24 hours at a minimum 6-8 times, clear yellow, baby sleeping/ calm for 2-3 hours and the mother’s indicator: mother’s milk comes out of the nipple. Ny.S breast milk smoothly on the second day with baby indicator: urinating 24 hours at a minimum 6-8 times, clear yellow, baby sleeping/ calm for 2-3 hours and the mother’s indicator: mother’s milk comes out of the nipple. Conclusion: The influence of brest milk production after being given marmet technique in post partum mothers.

Keywords: Post Partum, Breast milk, Technique Marmet