

Counseling on compliance with antenatal care visits for preventing delivery complications at bira health center 2024



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Abstract: Childbirth complications are the leading cause of maternal death. Data from the Ministry of Health's maternal death registration system, Maternal Perinatal Death Notification (MPDN), shows that the number of maternal deaths was 4,005 in 2022 and increased to 4,129 in 2023. Mothers often experience complications in childbirth, including cephalopelvic disproportion, amniotic fluid embolism, umbilical cord entanglement, fetal stress, bleeding, perinatal asphyxia, placental retention, and uterine atony. This is certainly a problem that requires the involvement of midwives as service providers to mothers and the community; for example, they must be trained in compliance with antenatal visits to reduce the risk of childbirth complications. This community service activity was carried out at the Bira Makassar Health Center on December 15, 2024. The main target of this activity was 12 mothers who made ANC visits. The purpose of this community service is so that mothers are more compliant in making ANC visits to prevent complications during the labor process, counseling participants can increase their knowledge and understand the counseling material that has been provided at the Bira Kapasa Health Center. Antenatal care is medical care provided to pregnant women before and during pregnancy with the aim of finding health problems of the mother and fetus, providing information about their health, and helping them prepare for childbirth. To reduce MMR and IMR, the government has made a policy to ensure that every mother has access to good and integrated antenatal health services. These services include 10 T (weighing, measuring height, blood pressure, checking the nutritional status of the uterine fundus, knowing the fetal heart rate and fetal presentation, providing tetanus vaccination, iron tablets, and laboratory tests for pregnant women). To reduce the risk of complications in childbirth, regular ANC visits are very important..

Keywords: Childbirth, Antenatal Care, Complications

1. Introduction

Maternal Perinatal Death Notification (MPDN) data from 2022 shows that AKI in Indonesia is 4,005 cases, but in 2023, the number increases to 4,129 cases, with 305 deaths per 100,000 KH. This shows that the current situation is still below the 2024 National Medium-Term Development Plan (RPJMN) target of 183 per 100,000 KH and the 2030 Sustainable Development Goals (SDGs) target of 70 per 100,000 KH. In 2022, the leading causes of maternal mortality were hypertension (801 cases), bleeding (741 cases), heart disease (232 cases), and other causes. (Ministry of Health of the Republic of Indonesia, 2024).

In South Sulawesi, the data above shows that the maternal and infant mortality rate is still quite high in poor areas (districts). The infant mortality rate in South Sulawesi is 18.2 per 1,000 live births and the maternal mortality rate is 192 per 100,000 live births. (SP Long Form 2020 data, BPS South Sulawesi in 2021).

One of the indicators of the success of the maternal health program is the maternal mortality rate (MMR). AKI is the ratio of maternal mortality during pregnancy, childbirth, and postpartum caused by pregnancy, childbirth, and postpartum. One of the sustainable development goals (SDGs) by 2030 is to reduce maternal mortality by up to 95%, or 70 maternal deaths per 100,000 live births. (Ministry of Health of the Republic of Indonesia, 2018)

Bleeding (28%), eclampsia (13%), abortion complications (11%), sepsis (10%) and old partus (9%) are the leading causes of maternal mortality in Indonesia, with the AKI rate decreasing from 346 deaths per 100,000 deaths. In fact, a sufficient pregnancy check can prevent this problem. To ensure that the natural process of maternal pregnancy goes well, it is hoped that pregnant women who receive regular antenatal care can detect and manage complications that often occur (Yanti, 2018; Khanifah, 2022).



Antenatal care is health care provided by professionals to pregnant women before and during pregnancy with the aim of detecting maternal and fetal health problems early, providing education or counseling about health, and helping to prepare for childbirth. Antenatal care is carried out in accordance with the established antenatal service standards. Antenatal care is a service provided to pregnant women to track their progress, help them in their health, and determine if their pregnancy is normal or having problems.

The government has made policies to ensure that every mother has access to good and integrated antenatal health services to reduce AKI and AKB. This service includes 10 T's (weighing, measuring height, blood pressure, checking the nutritional status of the uterine fundus, knowing the presentation of the fetus and fetal heart rate, providing tetanus vaccinations, iron tablets, and laboratory tests for pregnant women) (Ministry of Health, 2021)(Musrifah, 2017)(Kurniasih et al., 2020).

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Through the implementation of an integrated antenatal care (ANC) service program that meets standards, the Ministry of Health prioritizes reducing AKI. ANC visits have been increased from four times to six times (Ministry of Health of the Republic of Indonesia, 2024a). Although the ANC contributed 20% to the decline in AKI, adherence to visit schedules and the number of visits in developing countries is still low. (Urmale Mare et al., 2022).

2. Materials and Methods

Location and Time of Implementation

This community service activity was carried out at the Bira Makassar Health Center on December 15, 2024. The main target in this activity is the mother who visits ANC as many as 12 people, because the mother is the person who plays the most important role in her health, the growth and development of the fetus to the stage of a safe and comfortable birth process.

Community Service Tools

This community service prepares tools such as the KIA Book, counseling leaflets about the importance of routine ANC visits so that pregnant women can understand the purpose of the service and are delivered using books that are compiled so that they are easily understood by mothers with the expected results.

Data Collection Techniques

This community service consists of several steps. The first stage is preparation. This means preparing the necessary items for community service activities, such as KIA books and brochures, conducting surveys on the number of pregnant women registered in the pukesmas, and conveying the goals of community service. It also makes mothers enthusiastic about attending meetings.

In the second stage, counseling on compliance for ANC visits was carried out at the Bira Kapasa health center at a predetermined time and place. In the third stage, the question was asked to the mother about her compliance to attend the ANC visit and whether she understood what was in the KIA book. They also allow mothers to ask questions. Thus, it is hoped that the collected material will provide knowledge about and accompany mothers

3. Results and Discussion

The preparation began by determining the purpose of counseling to increase the understanding of the families of chemotherapy patients about the importance of mental health to patients during chemotherapy, the purpose of the activity was supported by Jessica that to answer all the patient's questions regarding whether chemotherapy treatment was successful or how the overall impact on daily activities that could change their lives was to provide education and resources (Jessica, 2016). After it is clear, the team then creates an Extension Event Unit (SAP) by preparing tools and materials that will be used during the extension.

The results of community service activities on ANC visit compliance education to prevent complications during the delivery process show that counseling participants can gain additional knowledge and understand the counseling materials offered at the Kakasa health center.

With this kind of education, midwives can monitor planned visits to find out and pay attention to problems such as childbirth complications, bleeding, etc. By providing education and overview to pregnant women, they can strive to make regular visits.

One of the consequences of not doing ANC in pregnant women is a lack of knowledge about proper pregnancy care. In addition, she does not show any signs of early pregnancy, such as gestational anemia, which can cause bleeding during childbirth. In addition, if there are no signs of complication of labor from the beginning, such as pelvic deformities, spinal



abnormalities, or multiple pregnancies. In addition, comorbidities and undetected pregnancy complications such as preeclampsia and chronic diseases

Preparation for childbirth includes material, psychological, and physical preparation. Physical preparation includes preparing the body to facilitate labor and lactation, psychological preparation includes mental preparation to deal with fear and anxiety, and material preparation includes preparation to help mothers and families earn money for a smooth delivery.



Figure 1. Buku KIA



Figure 2. Dokumentasi

4. Conclusions

Counseling on ANC compliance with early detection of childbirth complications has succeeded in providing knowledge for mothers that routine antenatal care visits and according to the rules of visits are able to detect early disturbances in the mother's pregnancy. This is one of the causes of reduced complications and complications that occur in pregnancy and maternal childbirth.

Conflict of Interest

No conflicts of interest



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