

ABSTRACT

Yasmin Marwah Aulia (2025). *Midwifery Care for Physiological Postpartum in a 25 Year Old Patient P₁₀₀₁ Ab₁₀₀, Presenting with Inadequate Breast Milk Flow at TPMB Kartini, S.Tr.Keb, Bd, Wagir – Malang Regency. Scientific Paper Case Study. D-III Midwifery Study Program, Department of Midwifery, Health Polytechnic Ministry of Health Malang. Supervisor: Heppy Rina Mardiana, SST.,M.Keb*

During the postpartum period, mothers have an important role in providing breast milk to their babies. One common challenge faced is inadequate milk production. Breast care and oxytocin massage are effective solutions to address this problem. This study aims to provide postpartum midwifery care for mothers experiencing insufficient breast milk using Varney's 7-step management approach at TPMB Kartini, S.Tr., Bd Wagir, Malang Regency.

This descriptive case study was conducted from July 31 to August 4, 2025, involving postpartum mothers physiologically ≥ 3 days with insufficient milk production. Data were collected through interviews, observations, and documentation, and analyzed narratively based on the study's focus and objectives.

Results showed that on the fourth day, the subject complained of low milk output and a fussy baby. Anamnesis revealed contributing factors such as rest patterns, nutrition, cultural influences, and psychological conditions. General and physical examinations were within normal limits. After implementing the appropriate interventions, the milk production issue was resolved by the third day.

It is hoped that midwives can teach mothers to independently stimulate breastfeeding, ensure proper feeding techniques, and perform breast care and oxytocin massage correctly to support smooth milk production.

Keywords: *Inadequate breast milk production, Oxytocin massage, Varney's management.*