

## ABSTRACT

Nursing Care for Ineffective Breastfeeding in Mrs. D (P1001 AB000) Post-Cesarean Section with the Intervention of Endorphin, Oxytocin, and Suggestive Massage Stimulation (SPEOS) in the Mawar Ward of RSUD Bangil, Andriana Olivia Safa'atis Sa'dzah (2024) Final Scientific Report for Nursing, Professional Nursing Education, Nursing Study Program Malang, Department of Nursing, Health Polytechnic of the Ministry of Health Malang, Advisor Fitriana Kurniasari, S.Kep., Ns., M.Kep.

Breastfeeding is a crucial process in fulfilling an infant's nutritional needs. However, many post-caesarean section mothers experience difficulties in effective breast milk production. This study aims to analyze the effectiveness of SPEOS therapy (Endorphin Massage Stimulation, Oxytocin, and Suggestive) in increasing breast milk production in post-caesarean section mothers. The research method used is a case study with a nursing care approach, including assessment, diagnosis, planning, implementation, and evaluation. The research subject was Mrs. D, a primipara (P1001 Ab000) who experienced breastfeeding difficulties due to low breast milk production. Data collection was conducted through interviews, observations, physical examinations, and documentation in the Mawar Room, RSUD Bangil, on April 16, 2024, during the practice period from April 1-20, 2024. The results showed that after receiving SPEOS therapy for 2x24 hours, there was a significant increase in breast milk production. The mother felt more comfortable while breastfeeding, and the baby received better nutritional intake. The application of this therapy proved to be effective in increasing breast milk production and can be recommended as a nursing intervention for post-caesarean section mothers. This study concludes that SPEOS therapy is an effective method and can be applied in nursing practice to assist mothers experiencing breastfeeding difficulties after a caesarean section.

**Keywords:** SPEOS Therapy, Breast Milk Production, Post-Caesarean Section, Maternal Nursing.