

**THE IMPACT OF BREAST CARE INTERVENTION ON THE REDUCTION  
OF BREAST PAIN IN POSTPARTUM MOTHERS WITH HIV  
AT BANGIL REGIONAL HOSPITAL**

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**ABSTRACT**

**Background:** The postpartum period often presents challenges for mothers with HIV who do not breastfeed, making them susceptible to breast engorgement, pain, and swelling. This condition requires non-pharmacological interventions, such as breast care, to alleviate breast pain caused by milk stasis. **Aim:** This study aimed to describe nursing care through breast care interventions in postpartum mothers with HIV to address breast pain at Bangil Regional Hospital. **Method:** The research employed a case study design with a comprehensive nursing care approach. The subject was Mrs. S, a postpartum mother with HIV. Data were collected through interviews, observation, physical examination, and documentation review in the Mawar Merah ward from January 13 to 15, 2025. **Result:** The intervention, conducted over a period of 3×24 hours and performed twice daily, was effective in reducing breast pain intensity. This was evidenced by decreased grimacing expressions and protective behavior. **Discussion:** The application of breast care intervention proved effective in reducing breast pain and swelling in postpartum mothers with HIV, while also enhancing maternal comfort and recovery during the puerperium. When applied routinely, this intervention contributes to improved recovery and lowers the risk of breast-related complications.

**Keywords:** Breast care, breast engorgement, HIV-positive postpartum mother