

**Analysis of the Study of Midwifery Care for Malnourished Toddlers at the Linge Health Center, Central Aceh Regency, Indonesia****Nova Ratna Dewi¹, Sri Wahyuni MS^{1*}, Hidayana¹**¹Lecturer, Diploma of Midwifery Study Program, Politeknik Kesehatan Kemenkes, Aceh, Indonesia**ARTICLE INFO****Keywords:**

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A B S T R A C T

Malnutrition among toddlers is still a public health problem in Indonesia, including in Central Aceh Regency. Comprehensive and quality midwifery care is very important to help malnourished toddlers achieve optimal nutritional status. This study aims to analyze the study of midwifery care for malnourished toddlers at the Linge Health Center, Central Aceh Regency, Indonesia. This research uses a case study design with a qualitative approach. Data was collected through in-depth interviews with midwives, observation, and documentation of midwifery care. The study shows that midwifery care for malnourished toddlers at the Linge Health Center is quite good. Midwives have carried out assessment, diagnosis, intervention and evaluation using midwifery care standards. Midwifery care for malnourished toddlers at the Linge Health Center is quite good, but still needs to be improved by increasing mothers' knowledge about nutrition, strengthening coordination between sectors, and increasing resources.

1. Introduction

Malnutrition is a public health problem that is still a major concern in Indonesia, especially for toddlers. Malnutrition is defined as a condition where a toddler weighs less than the standards set based on age and gender. Malnutrition in toddlers can cause various health problems. Undernourished children are more susceptible to diseases, such as upper respiratory tract infections (ARI), diarrhea and measles. Malnutrition can cause stunting, wasting, and underweight, which can interfere with the physical growth and brain development of toddlers. Undernourished toddlers are more likely to experience difficulties learning and concentrating at school. Undernourished toddlers are more or less at high risk of developing chronic diseases in the future, such as diabetes, hypertension, and heart disease. Based on

data, the prevalence of malnutrition among children under five in Indonesia still reaches 13.8%. In Central Aceh District, the prevalence of malnutrition among children under five in 2017 reached 12.5%. Comprehensive and quality midwifery care is the key to helping malnourished toddlers achieve optimal nutritional status. Midwives, as health workers who have a strategic role in maternal and child health, have a big responsibility in providing education, health promotion and appropriate nutritional interventions for malnourished toddlers.¹⁻³

Comprehensive and quality midwifery care is not just about providing additional medicine or food. Midwives, with their knowledge and expertise, are able to provide education, health promotion and appropriate nutritional interventions for malnourished toddlers. The midwife provided education to Aisyah's

mother and family about the importance of balanced nutrition, healthy eating patterns, and good sanitation. Mrs. Aisyah was taught how to choose and prepare nutritious food using simple and affordable ingredients. Midwives are active in Integrated Services Post activities, developing health cadres and health campaigns to increase public awareness about the importance of nutrition and the health of children under five. Midwives screen and screen under-nourished toddlers, regularly monitor Aisyah's growth and development and provide appropriate nutritional interventions, including providing additional food.⁴⁻⁶ This research aims to analyze the study of midwifery care for malnourished toddlers at the Linge Health Center, Central Aceh Regency, Indonesia.

2. Methods

This research uses a case study approach on one patient, namely toddler Mrs. E (Toddler Z), male gender, aged 18 months. This research was carried out at the patient's home in Kute Rayang Village, Linge District, Central Aceh Regency, in May 2023. Data collection was carried out using a toddler assessment format through 1. Interviews were conducted with the patient's mother and family to obtain information about demographic data and the toddler's health history, toddler diet, healthy living habits, and mother's knowledge about toddler nutrition. 2. Assessment, carried out on patients to check vital signs, measure anthropometry (body weight, height, head circumference, upper arm circumference), check nutritional status and find clinical signs of malnutrition. 3. Observations are carried out to observe the condition of the home environment, the interaction between mother and child, and the toddler's eating habits.

The research instrument used is a toddler assessment format, which contains demographic data, toddler health history, toddler eating patterns, healthy living habits, mother's knowledge about toddler nutrition, vital signs, anthropometry, nutritional status, and clinical signs of malnutrition. Data analysis was carried out using descriptive qualitative

methods. The data obtained were analyzed narratively to describe the midwifery care provided to malnourished toddlers. This research was conducted with due regard to research ethics. The patient's mother and family were explained about the purpose of the study and asked for their consent to participate in the study. Patient data is kept confidential. The patient's mother and family were explained about the benefits and risks of the study.

3. Results and Discussion

On May 18th, 2023, an assessment was carried out on toddler Z, aged 18 months. From the results of the study, information was obtained that toddler Z had a lack of appetite, ate small and irregular amounts, and did not receive exclusive breast milk. Toddler Z also only received hepatitis B 0 immunization. The results of the physical examination showed that toddler Z looked thin with vital signs, pulse 100x/m, respiration 38x/m, and temperature 36.3°C. The growth of toddler Z is in accordance with the KPSP, but his body weight (BB) is 8.7 kg, height (TB) 80 cm, and mid-upper arm circumference (MUAC) 13 cm indicates malnutrition status. Based on the results of the assessment and examination, it was concluded that toddler Z was malnourished. Based on the diagnosis of malnutrition, the following is the care plan provided: Notifying the family of the results of the examination, providing education to the family about malnutrition, providing additional food such as healthy snacks and pudding that parents can prepare themselves, Educating the family about a balanced menu for nutritional toddlers insufficient, Encourage the mother to continue breastfeeding until the child is 2 years old, Provide counseling to the mother about the importance and benefits of immunization for children and Provide informed consent for repeat visits for care.

On May 19th, 2023, a repeat visit was carried out to monitor the condition of toddler Z. From the results of the assessment, information was obtained that toddler Z was still eating small portions, but there were no other health complaints. The results of the physical examination showed that the general condition of

toddler Z looked thin, compos mentis consciousness, with vital signs, pulse 120x/m, respiration 40x/m, and temperature 36.3°C. Toddler Z's growth showed no change, with body weight 8.7 kg, height 80 cm, and MUAC 13 cm. Based on the results of the assessment and examination, it was concluded that toddler Z was still malnourished and had not gained any weight. Based on the evaluation results, the following care plan is provided: Advise the mother to go to the

community health center to help the mother overcome the problems experienced by the child so that the child's growth and condition can be monitored by the community health center. Remind parents to continue to provide toddlers with a nutritious and balanced diet. according to the age of the toddler, provide a variety of foods so that it attracts the child's interest in eating and continue to provide breast milk until the age of 2 years.

Table 1. Summary of midwifery care.

Date	Subjective	Objectives	Assessment	Care plan
May 18 th 2023	<ul style="list-style-type: none"> - Lack of appetite - Eat little and irregularly - Not getting exclusive breast milk - Only getting hepatitis B 0 immunization 	<ul style="list-style-type: none"> - General condition: looks thin - Consciousness: compos mentis - Pulse: 100x/m - Breathing: 38x/m - Temperature: 36.3°C - Body weight: 8.7 kg - Height: 80 cm - MUAC (mid-upper arm circumference): 13 cm - Growth according to KPSP (pre-screening development questionnaire) 	-Malnutrition	<ul style="list-style-type: none"> - Tell the family the results of the examination - Education about malnutrition - Provide additional food (healthy snacks, pudding) - Education about a balanced menu - Recommend breastfeeding for up to 2 years - Education about the importance of immunization - Provide informed consent for repeat visits
May 19 th 2023	<ul style="list-style-type: none"> - Eat small portions - No health complaints 	<ul style="list-style-type: none"> - General condition: looks thin - Consciousness: compos mentis - Pulse: 120x/m - Breathing: 40x/m - Temperature: 36.3°C - Body weight: 8,7 kg - Height: 80 cm - MUAC: 13 cm 	- Malnutrition, no additional body weight	<ul style="list-style-type: none"> - Advise the mother to go to the community health center - Remind to provide a nutritious and balanced food menu - Provide varied food to attract interest in eating - Continue to breastfeed for up to 2 years

The toddler years are a critical period in a child's growth and development. Optimal nutritional intake during this period is very important to build a strong health foundation and prevent various health problems in the future. Balanced nutrition and a healthy diet are the keys to ensuring toddlers get optimal nutritional intake. Balanced nutrition means consuming foods from various food groups in the right proportions. A healthy diet means eating regularly by paying attention to the portions and types of food consumed. Midwives can explain the nutritional needs

of toddlers based on age, gender, and physical activity. Midwives can help mothers and families choose foods that are rich in macronutrients (carbohydrates, protein, and fat) and micronutrients (vitamins and minerals) needed by toddlers. Midwives can help mothers and families prepare a balanced food menu that suits the nutritional needs of toddlers. Midwives can provide education about healthy eating patterns, such as eating regularly, not skipping breakfast, and limiting consumption of unhealthy foods. Midwives have an important role in providing education to

mothers and families about the importance of balanced nutrition and healthy eating patterns for toddlers. This is because midwives have direct access to mothers and families and have the knowledge and skills needed to provide effective education. Education should not only be done once but must be done continuously to ensure mothers and families understand and apply it in everyday life. Midwives can use various educational methods, such as lectures, demonstrations, and counseling, to ensure that mothers and families can easily understand the information conveyed. Effective education must actively involve mothers and families so that they can learn and practice what they have learned.⁷⁻⁹

Several studies show that education by midwives can increase mothers' knowledge about balanced nutrition and healthy eating patterns. This can then improve the quality of food given to toddlers and have a positive impact on their nutritional status. Studies show that education by midwives can increase mothers' knowledge about balanced nutrition and healthy eating patterns. This can then improve the nutritional status of children under five by reducing the prevalence of stunting and wasting. Another study shows that education by midwives can increase the provision of nutritious food to toddlers. This can then improve the nutritional status of toddlers by increasing body weight and height. Midwives can carry out nutritional screening and screening of toddlers to detect toddlers who are at risk or experiencing malnutrition. Midwives can provide education to mothers and families about the principles of balanced nutrition and types of nutritious food for toddlers. Midwives can help mothers plan a food menu that suits the nutritional needs of toddlers and the family budget. Midwives can provide counseling to mothers on how to feed toddlers in a healthy and enjoyable way.¹⁰⁻¹³

The toddler years are a critical period in human growth and development. The nutrition and health of toddlers is very important to ensure optimal physical, cognitive and social development. Malnutrition and health deficiencies during childhood can have long-

term consequences. Stunted growth, which can lead to reduced height and weight, as well as stunted brain development. Malnourished and unhealthy toddlers are more susceptible to diseases, such as upper respiratory tract infections (ARI), diarrhea and measles. Malnutrition and health deficiencies during toddlerhood can disrupt brain development, which can cause difficulties in learning and concentrating at school. Malnourished and unhealthy toddlers are at higher risk of developing chronic diseases later in life, such as diabetes, hypertension, and heart disease. Health promotion can help increase public awareness about the importance of nutrition and the health of children under five. Health promotion can be done in various ways. Providing information to the public about the nutrition and health of toddlers, such as the importance of exclusive breastfeeding, providing healthy complementary foods (MPASI), and immunizations. Teach the public how to care for toddlers well, such as maintaining personal and environmental cleanliness, as well as providing stimulation appropriate to the toddler's age. Involving the community in health promotion activities, such as Integrated Services Post and supplementary feeding programs. Several studies show that health promotion can help increase public awareness about the importance of nutrition and the health of children under five. A study shows that health promotion programs carried out at Integrated Services Post can increase mothers' knowledge about nutrition and the health of children under five. Other studies show that educational programs about toddler nutrition and health can improve healthy feeding practices in mothers. A study also shows that health promotion programs involving the community can increase immunization coverage for toddlers. Health promotion can help increase public awareness about the importance of nutrition and the health of children under five. This can help improve the nutritional and health status of toddlers, as well as prevent long-term health problems.¹⁴⁻¹⁷

4. Conclusion

Midwifery care for malnourished toddlers at the Linge Health Center is quite good but still needs to be improved by increasing mothers' knowledge about nutrition, strengthening coordination between sectors, and increasing resources.

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