

**K**isah ini dituturkan Orpa Tondabitu sambil menyusui bayinya yang kelima, bayi lelaki yang baru dilahirkan tiga hari sebelumnya. Seperti umumnya kaum perempuan di kalangan masyarakat tani di kampungnya di Sumba Timur, keempat anak Orpa terdahulu dilahirkan di rumah.

Namun, sejak Provinsi NTT menabuh genderang Revolusi Kesehatan Ibu dan Anak atau Revolusi KIA pada tahun 2009, semakin banyak ibu yang melahirkan di fasilitas kesehatan. Ya, Revolusi Kesehatan Ibu dan Anak, sebuah gerakan untuk menyelamatkan nyawa ibu dan bayi.

Orpa, ibu berusia 36 tahun, tinggal di rumah bambu sederhana dengan dua kamar di Desa Lewa. Jalan dari desanya ke ibukota kabupaten Waingapu penuh lubang di sana sini dengan tikungan tajam yang akan membuat perut penumpang kendaraan terasa mual. Letak rumah-rumah di desa ini saling berjauhan, bisa sampai berkilo-kilometer. Listrik, air bersih, dan sinyal telepon, hanya tersedia di titik-titik tertentu.

Mendatangi fasilitas kesehatan untuk melahirkan bukan hal yang mudah, namun merupakan pilihan yang amat penting. Perempuan seperti Orpa ikut membantu mengubah pola pikir dalam tatanan patriarkat yang teguh. Dalam masyarakat patriarki, keputusan tentang apakah seorang isteri akan melahirkan di rumah-dengan bantuan dukun, atau di faskes-dengan tenaga kesehatan dan peralatan dan memadai, terletak di tangan sang suami atau keluarga suaminya. Menurut Orpa, ia telah memetik hikmah dari persalinan sebelumnya. "Sewaktu hamil anak ke-empat, timbul masalah" Orpa berkisah. "Darah keluar banyak sekali waktu saya bersalin. Saya pikir saya akan mati."

Untunglah, Orpa dan bayinya selamat. Pengalaman pahit itu mendorongnya membuat rencana persalinan, ketika ia mendapati dirinya hamil lagi. Kali ini, ia memastikan bahwa transportasi tersedia, jika waktu bersalin sudah tiba. Meski hanya dengan sepeda motor, ia bisa diantar ke faskes untuk melahirkan bayinya.

Keputusan Orpa juga terinspirasi oleh peran barunya di desa sebagai kader Posyandu. Sebulan sekali, ia dan empat perempuan lain di desanya merelakan waktu mereka untuk kegiatan Posyandu. Kader seperti Orpa bertugas

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*Orpa Tondabitu breastfeeds her fifth child, a three day old healthy baby boy, as she describes the story of his birth. Like many other women in her small farming community in Sumba Timur, one of Indonesia's poorest districts, Orpa gave birth to her previous four children at home.*

*But since the province of Nusa Tenggara Timur (NTT) began implementing its "Mother and Child Health Revolution" or Revolusi KIA in 2009, more and more women are beginning to give birth in health centers – a move that can save theirs and their babies' lives.*

*Orpa, 36, lives in a two-room bamboo house in the village of Lewa. The road to her house from the district capital, Waingapu, is full of potholes and hair-raising twists and turns on gravelly mountain roads. Houses here can be miles apart - electricity, running water and mobile phone reception are sporadic at best.*

*Getting to a health clinic to give birth is no small feat, but it's a crucial choice, and women like Orpa are*

**OLEH SARAH GRAY**

**ANGI  
DI S  
WINDS OF**

**ORPA TONDABITU DAN BAYINYA.**  
ORPA ADALAH SEORANG RELAWAN DESA SEHAT DAN  
IBU DARI LIMA ANAK

**ORPA TONDABITU AND HER NEWBORN.**  
ORPA IS A VILLAGE HEALTH VOLUNTEER AND  
MOTHER OF FIVE.



**TIM RELAWAN KESEHATAN KAMPUNG YANG DILATIH OLEH AIPMNH.**

Ribuan Relawan ini dilatih melalui Program Community Engagement AIPMNH di seluruh Provinsi Nusa Tenggara Timur

**TEAM OF VILLAGE HEALTH VOLUNTEERS TRAINED BY AIPMNH.** Thousands of these volunteers have been trained through AIPMNH's Community Engagement program throughout Nusa Tenggara Timur province (NTT).

menimbang bayi dan memberikan penyuluhan kesehatan seperti gizi, tanda bahaya dalam kehamilan, dan imunisasi. Mereka juga mendorong ibu-ibu agar melahirkan di fasilitas kesehatan.

"Sebagai kader, saya harus memberikan contoh yang baik," katanya. "Tidak mungkin saya melahirkan di rumah, padahal saya sendiri mendorong ibu-ibu agar melahirkan di fasilitas kesehatan"

Persalinan di fasilitas kesehatan jelas bermanfaat. Namun, tradisi melahirkan di rumah dengan pertolongan dukun bayi telah berurat akar. Keraguan untuk pergi ke faskes diperparah oleh buruknya reputasi pelayanan sejumlah faskes tertentu dan keterbatasan peralatan.

Itulah sebabnya, di desa seperti Lewa, Kemitraan Australia-Indonesia untuk Kesehatan Ibu dan Bayi Baru Lahir (AIPMNH) bekerja secara langsung dengan masyarakat untuk merenovasi faskes, sambil melatih tenaga kesehatan dan kader.

Di seluruh NTT, bidan, dokter, dan perawat dilatih untuk penanganan kasus gawat darurat agar mereka mampu menangani komplikasi secara lebih baik, tanpa harus merujuk pasien ke rumah sakit di kota. Kondisi geografis di Sumba Timur bisa menyebabkan perawatan menjadi sangat terlambat. Adanya tenaga kesehatan terlatih yang dekat, menjadi amat penting bagi keselamatan ibu dan bayi.

Sejak AIPMNH memberikan dukungan tiga tahun lalu hingga kini, fasilitas kesehatan di Lewa tempat Orpa melahirkan bayinya menangani delapan kali lipat jumlah persalinan dibanding sebelumnya. Satu dari ratusan tim kader yang dilatih dengan dukungan AIPMNH "Fasilitas kesehatan sekarang lebih bersih dan lebih aman daripada sebelumnya," kata Orpa. "Ibu-ibu di Posyandu bilang, mereka lebih baik melahirkan di faskes daripada di rumah."

helping to change mindsets in a patriarchal society that often lets ill-informed husbands or in-laws decide whether a woman should give birth at home with an untrained traditional birth attendant (TBA), or at a clinic better equipped to handle any potential complications.

According to Orpa, she learned her lesson last time. "I had complications with my fourth pregnancy," Orpa explained. "I began to hemorrhage during the birth, and I was really scared that I wouldn't survive."

Fortunately, both she and her baby made it, but it encouraged her to develop a birth plan when she found out she was pregnant again. This time, she made sure that transportation by motorbike would be available when the time came so that she could make it to the closest clinic to give birth.

Orpa's decision was also inspired by a new role in her community. After the tough experience with her fourth birth, she became a village health volunteer or kader. Once a month, she and four other women in the village volunteer their time at a maternal and child health station called a posyandu.

Here, volunteers like Orpa weigh babies and provide health education on topics like nutrition, danger signs during pregnancy and immunization – as well as encourage women to deliver at health clinics.

"As a kader, I have to set a good example," Orpa said. "How could I give birth at home if I'm telling other women they should go to a health clinic?"

The benefits of going to a clinic may seem obvious, but the tradition of giving birth at home with a TBA runs deep. The reluctance to go to a clinic is further compounded by some clinics' poor reputation of impersonal service and limited equipment.

That's why in villages like Lewa, the Australia Indonesia Partnership for Maternal and Neonatal Health (AIPMNH) is working directly with the community to renovate birthing facilities while training health workers and volunteers at the same time.

Throughout NTT, midwives, doctors and nurses are being trained in emergency care so that they can better handle complications on their own without having to refer patients on to a city hospital. In places like Sumba Timur, where geographical conditions can cause major delays in treatment, having trained staff relatively close by is critical to helping women like Orpa have safer births.

In fact, the clinic in Lewa where Orpa delivered her baby boy is now handling eight times as many births since AIPMNH support began three years ago.

"The clinics are cleaner and safer now than they were before," Orpa said. "Women at the posyandu now tell me that they'll go to a clinic instead of giving birth at home – the word is out."

# PERUBAHAN MBA TIMUR CHANGE IN SUMBA TIMUR

**INFORMASI LEBIH LANJUT FOR MORE INFORMATION**

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