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SHORT PAPER

## RE-ENGINEERING IN CONFINEMENT METHOD

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### ABSTRACT

Food delivery system is very popular nowadays. This system is very useful specifically for women that go through their confinement alone. Food for women in confinement is very important to their health. Not only for the women, but also for their babies. Women could choose the package they like thus reducing the hassle to prepare the confinement menu. In this paper, we present the information technology in health especially in confinement. With this system, the woman could focus on her baby and health without the stress to prepare food.

### KEYWORDS

confinement menu, Food delivery system, reducing the hassle

## 1. INTRODUCTION

The use of information technology has been widely spread in many areas such as health [1- 6]. For this paper, we present the use of information technology in health especially in confinement. Confinement means the time for a woman to recover after childbirth [7, 8]. The length of confinement period varies from 30 days to 40 days, 44 days or 100 days. Food for a woman in confinement is very important to their health. Not just the woman's health, but her baby too.

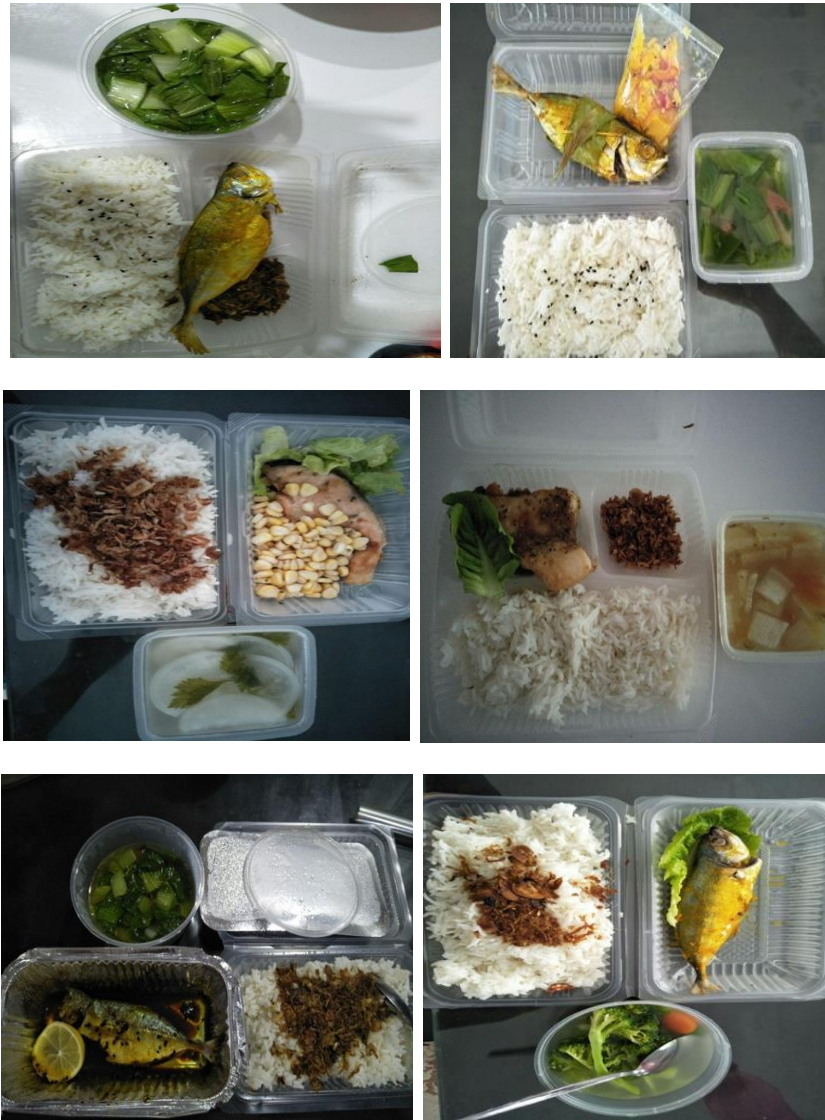
What we wish to demonstrate here is that today, women could practise better confinement menu just by a single click. We could order the menu through Facebook, WhatsApp, Instagram, or any other social media. Certainly, women in confinement should stay rested and just focus on the recovery of their health and their baby. There are plenty of packages that are available today. One just need to prepare some money to pay for their services. Previously, it was hard for women to follow the routine of confinement menu due to: 1) difficulty to get the item, 2) no one to care for the woman as usually their husband should get back to work after 1 week of paternity leave given by the company.

Therefore, women in confinement just eat what was easy to get as long as they didn't hungry. Usually, confinement meals are prepared by the mother, the elders or the husband in the family. This practice has been improved in which the meals are prepared by catering services and delivered to the customer. The confinement menu package run by one catering service usually start at RM150 per week, RM280 for 2 weeks and RM480 for 1 whole month. The delivery is done two times per day which is at lunch hour (11am-12pm) and dinner (5.30pm-6pm). The menu can be discussed, because sometimes the woman in confinement has some allergies or preference. Figure 1 shows some of the confinement menus available.

## 2. CONCLUSION

Confinement is a period of recovery for a woman after childbirth. Therefore, it is important for a woman to stay healthy and happy. The food delivery system during the confinement period is very convenient. The rate of stress will reduce drastically, allowing the woman to focus on her baby and their health without worrying to prepare food.





**Figure 1:** Some of the confinement menus

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