

ANTENATAL MIDWIFERY CARE IN MRS "N" WITH HYPEREMESIS GRAVIDARUM

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A B S T R A C T

Background : Hyperemesis gravidarum is a condition where the mother experiences continuous nausea and vomiting every time she drinks or eats. As a result, the mother's body becomes very weak. This condition can endanger the condition of the mother and baby she is carrying. **Objective** : The aim of this case study is to provide antenatal midwifery care for hyperemesis gravidarum with a midwifery management approach. **Subject** : The subject of this research is Mrs. N who suffers from hyperemesis gravidarum. **Method** : The reporting method used is observational using a 7-step Managed approach Care from Varney and Soap. **Results** : The results of subjective and objective data indicate the diagnosis of HEG during pregnancy. The patient came to the Bungi Community Health Center on February 22 2024 at 11.00 WITA with complaints of continuous nausea and vomiting. This is the mother's sixth pregnancy, she has never had a miscarriage before, and currently she is 5 weeks and 2 days pregnant. The results of the mother's health examination were 42 kg and the mother recorded a weight loss of 3 kg. The mother also looks weak when seen from her pre-pregnancy weight, which reached 45 kg. **Conclusion** : After receiving prenatal midwifery care, mothers become aware of the danger signs of pregnancy and physiological phenomena in young pregnancies. Physical examination showed that the mother's condition was gradually recovering. Mothers definitely know that eating small portions frequently and drinking warm ginger tea can reduce nausea and vomiting. Mothers also know about proper nutrition during pregnancy.

INTRODUCTION

Pregnancy is the fertilization or union of sperm and egg cells, which can be followed by implantation or implantation. From the time of conception to the birth of the baby, normal pregnancy occurs within 40 weeks or 9 months according to the International Calendar. Pregnancy is divided into three trimesters : the first trimester lasts 12 weeks, the second trimester lasts 15 weeks (weeks 13 to 27), and the third trimester lasts 13 weeks (weeks 28 to 40).

Antenatal Care (ANC) is a health service provided to pregnant women by professional staff and carried out in accordance with predetermined antenatal care standards. Pregnant women are advised to visit health services twice in the first trimester, once in the second trimester, and at least three times in the third trimester. The purpose of pregnancy checks is to monitor the progress of the pregnancy process in order to ensure the health of the mother and the growth and development of the fetus in her body. This also includes efforts to identify possible pregnancy complications from an early age, including history of disease and surgery, in order to take appropriate preventive steps.

Hyperemesis gravidarum (HEG) is a condition where the mother always vomits every time she drinks or eats. As a result, the mother's body becomes very weak, her face becomes pale, the frequency of urination decreases drastically so that body fluids decrease, the blood thickens, and blood circulation slows down, namely the consumption of oxygen and food. The number of networks is reduced. Number of cases of hyperemesis gravidarum (HEG) accounts for 12.5% of all pregnancies worldwide. In Indonesia itself, the number of pregnant women who experienced HEG cases in Southeast Sulawesi Province reached 14.8%. Based on health data in Southeast Sulawesi, HEG cases in 2018 were 5,251 cases from 12,256 pregnancies with a percentage of 42.84%. In 2019 there were 7,264 cases out of 12,576 pregnancies with a percentage of 57.76%; in 2020 there were 5,028 cases out of 11,753 pregnancies with a percentage of 42.78%; in 2021 there will be 11,521 pregnant women. with a rate of 84.91%. In 2022, there will be 8,257 cases of hyperemesis gravidarum in 12,432 pregnant women with

a rate of 66.42%. Based on data from the Bungi Community Health Center, Bau Bau City in 2024, which was appointed as the author's research site, of the 34 pregnant women who came for pregnancy checks, 6 people suffered from hyperemesis gravidarum (HEG). This is equivalent to 18%. The cause of HEG is not yet known for certain. There is no evidence that toxic factors cause this disease, nor are there biochemical abnormalities, changes in the anatomy of the brain, heart, liver and nervous system due to lack of vitamins and other substances and weakness of the body. eat and drink. Several predisposing factors and other factors observed are that it often occurs in primigravidae, the entry of chicken pox into the mother's blood circulation and changes in metabolism due to pregnancy as well as the mother's reduced resistance to these changes (Mustar & Indriyani, 2020).

The consequences of excessive nausea and vomiting during pregnancy not only endanger the life of the mother, but also lead to miscarriage of the fetus and the birth of fetuses with low birth weight (LBW), premature birth and other birth defects. In pregnant women with hyperemesis gravidarum, can increase the incidence of the fetus being smaller than the ideal size for its age or what is called Intrauterine growth restriction (IUGR).

antiemetic drug therapy , antihistamines, vitamin B6. Herbal remedies (ginger, peppermint), relaxation therapy, and psychotherapy can be used as non-pharmacological treatments. Apart from medication, nausea and vomiting in young pregnant women can be reduced by using additional treatment, such as using traditional herbs/plants that are easy to find such as ginger, mint leaves and lemon.

METHODOLOGY

According to Helen Varney, the types of reports and methods used in writing this final assignment report include: subjective and objective evaluation, identification of problem diagnosis, identification of potential problem diagnosis, identification of immediate needs, planning (intervention), implementation (implementation) and evaluation in SOAP format . The research methodology for this report is observational using Varney's seven-step management approach.

Subjective data is data obtained from the results of patient analysis, such as patient identity as step one according to Varney. Objective data is data obtained from the results of the patient's physical examination, laboratory examination results, and the results of other diagnostic examinations which are formulated as focused data to support care as step one.

RESULTS & DISCUSSION

Subjective Data

Mrs "N" (G6P5A0), aged 37 years, visited the Bungi Community Health Center on February 22 2024. The patient visited the Bungi Community Health Center with complaints of nausea and vomiting continuously for 3 days. The patient said she had never had severe abdominal pain during her pregnancy. The patient stated that he had no previous history of regenerative disease. The patient said that before pregnancy, the mother ate three times a day in the form of rice, vegetables, side dishes, etc., but during pregnancy, the mother said she had no appetite. This was the mother's sixth pregnancy, she had never She had a previous miscarriage, HPHT on 17-01-2024 and currently her pregnancy is 5 weeks and 2 days. The mother said she had used 3-month contraceptive injections for 2 years.

Objective Data

The mother's condition is weak, consciousness is composmet, physical examination shows blood pressure: 110/80 mmHg, N: 82 times/minute, S: 36.5°C, P: 22 times/minute, scalp looks clean and hair does not fall out, face looks pale, the conjunctiva is not anemic, the sclera is not icterus, the lips look pale, the ears look clean, there is no enlargement of the jugular veins, the breasts look symmetrical, and the impression on abdominal examination shows that there are no surgical scars, and the stomach is enlarged according to gestational age, extremities left and right symmetrical. Leopold's examination results, ballottement, with hyperemesis problems gravidarum.

Analysis

Mrs. N (G6P5A0), Gestation 5 weeks 2 days, ballottement, with hyperemesis gravidarum problem.

Management

Based on objective and subjective research data as well as analysis that has been determined, the management given in this case requires collaborative action with doctors, namely collaboration for

the installation of RL 20 tpm infusion, ranitidhin injection 1 ampoule/12 hours, ondansetron injection 1 ampoule/12 hours. The author also takes a therapeutic approach to clients and families regarding their knowledge of danger signs during pregnancy, one of which is excessive nausea, vomiting and physiological changes in early pregnancy. In the journal of research results conducted by Hasnita et al, in the working area of the Kapasa Community Health Center, Makassar City on 50 young pregnant women, it was said that consuming warm ginger brew could reduce the amount of nausea and vomiting in young pregnant women from 13 times to 3.8 times a day. This is due to the essential oil content Zingiberene blocks serotonin which is a neurotransmitter of the central nervous system and enterochromaffin cells in the digestive tract, thereby inhibiting the induction of HCG into the stomach. So the author advises mothers to consume warm ginger brew to reduce nausea and vomiting in mothers. Meanwhile, according to the results of the research *"Effectiveness of the Method of Eating Little But Often to Relieve Nausea, Vomiting in First Trimester Pregnant Women in Sukamanah Village, Sukatani District, Bekasi Regency"* in 2022, it is stated that the method of eating little but often is very effective in alleviating nausea and vomiting in pregnant women early trimester, so the author recommends mothers to use the method of eating little but often. Tell the mother the importance of her role regarding her child's nutrition and tell the patient's husband the importance of the husband's role during pregnancy, childbirth and breastfeeding.

The author also informs patients about the important role of mothers in providing adequate nutrition for children in the future, especially the importance of increasing mothers' knowledge, attitudes and behavior regarding infant nutrition. In research by Syastriani Isna Putri Syarif, Asriadi, Anita regarding the Relationship between Mother's Behavior in Choosing Toddler Food and Malnutrition Status in the Wajo Community Health Center Work Area, namely that nutritional disorders can be caused by a lack of knowledge, attitudes and actions in an effort to apply the information in everyday life.

Not only educating patients regarding nutritional preparations for their children, the author also provides education to patient husbands regarding the importance of the husband's role and assistance during pregnancy, childbirth and breastfeeding, as explained by the results of research conducted by Sudirman, Herien Puspitawati, Istiqlaliyah Muflikhati, regarding *"The role of the husband in determining the subjective well-being of the wife during pregnancy and childbirth"*.

DISCUSSION

Subjective data

Mrs "N" (G6P5A0), aged 37 years, visited the Bungi Community Health Center on February 22 2024. The patient visited the Bungi Community Health Center with complaints of nausea and vomiting continuously for 3 days. Nausea and vomiting during pregnancy can reduce appetite and change the balance of electrolytes such as potassium, calcium and sodium, which can result in changes in the body's metabolism, requiring pregnant women to get proper nutrition (Fitrianingsih, 2020). The patient said she had never had severe abdominal pain during her pregnancy. The patient stated that she had no previous history of regenerative disease. The patient said that before pregnancy, the mother ate three times a day in the form of rice, vegetables, side dishes, etc., but during pregnancy the mother said she had no appetite. The mother said this was the mother's sixth pregnancy, she had never had a miscarriage before, and currently her pregnancy was 5 weeks and 2 days. Using the Neagle formula, from HPHT on 17-01-2024 to the assessment date 22-02-2024, then the gestational age is 5 weeks 2 days. (Health Science of Gynecology and Obstetrics, p. 120). Mother said she had used 3-month contraceptive injections for 2 years.

Objective Data

The results of the examination of the patient's vital signs showed blood pressure : 110/80 mmHg, N: 82x/m, S: 36.5°C, P: 22x/minute, the mother looked weak. BB: 42 kg where the mother experienced a decrease in weight of 3 kg, judging from the mother's weight before pregnancy, which was 45 kg, the mother also looked weak. This situation is based on the theory of excessive nausea and vomiting which describes the condition of HEG sufferers. According to Siti Rofi'ah, Sri Widatiningsih, Arfiana in a phenomenological study of HEG events in mothers (2019) Nausea and vomiting are normal symptoms during pregnancy. However, if the frequency changes, it can affect daily life and worsen a body condition called hyperemesis gravidarum, which can have fatal effects on the mother and fetus.

The results of the physical examination showed that the scalp was clean and the hair was not falling out, the face looked pale, the conjunctiva was not anemic, the sclera was not icterus, the lips

looked pale, the ears looked clean, there was no enlargement of the jugular veins, the breasts looked symmetrical, and the impression on abdominal examination appeared to be absent. surgical scars, and abdominal enlargement according to gestational age, symmetrical left and right extremities. The results of Leopold's examination of the mother were palpable ballotement. The Leopold test is a technique that uses contact or abdominal palpation to examine pregnant women to identify areas in the uterus, such as fetal position, and considerations in estimating gestational age (Anita, 2020). During pregnancy, if the abdominal enlargement corresponds to the gestational age, the fetus is said to be single. The presence of a fetal heartbeat is a sign that the fetus is still alive. In a healthy fetus, the heartbeat is regular, with a frequency of 120 to 160 beats per minute, the mother's uterus is enlarged, indicating that the fetus is alive and developing (Prawirohardjo, 2014: 285), ballotement Palpation indicates an intrauterine fetus.

Analysis

The analysis in this case was carried out based on the results of subjective and objective research, namely that this was the mother's 6th pregnancy and she had never had a miscarriage (G6P5A0), HPHT 01-17-2024, Gestation 5 weeks 2 days, ballotement, with hyperemesis problem gravidarum.

Management

Based on objective and subjective research data as well as analysis that has been determined, the management given in this case requires collaborative action with doctors, namely collaboration to install RL 20 tpm infusion, ranitidin injection 1 ampoule/12 hours, ondansetron injection 1 ampoule/12 hours.

Carry out a therapeutic approach to clients and families regarding their knowledge of danger signs during pregnancy, one of which is excessive nausea, vomiting and physiological changes in early pregnancy.

Tell the mother to drink warm ginger tea to treat nausea and vomiting. In the journal of research results conducted by Hasnita et al, in the working area of the Kapasa Community Health Center, Makassar City on 50 young pregnant women, it was said that consuming warm ginger brew could reduce the amount of nausea and vomiting in young pregnant women from 13 times to 3.8 times a day. This is due to the essential oil content Zingiberene blocks serotonin which is a neurotransmitter of the central nervous system and enterochromaffin cells in the digestive tract, thereby inhibiting the induction of HCG into the stomach.

Advising mothers to eat as often as possible with small portions, according to the results of the research *"Effectiveness of the Method of Eating Little But Often to Relieve Nausea and Vomiting in First Trimester Pregnant Women in Sukamanah Village, Sukatani District, Bekasi Regency"* in 2022, states that the method of eating little but often is very effective for relieving nausea and vomiting in early trimester pregnant women, so the author recommends that mothers use the method of eating little but often.

Inform mothers about the importance of their role regarding their child's nutrition and protecting their child's nutritional status in the future, namely by increasing their knowledge, attitudes and actions regarding toddler nutrition. In Syastriani Isna Putri Syarif, Asriadi, Anita's research on *"The Relationship between Mother's Behavior in Choosing Toddler Food and Malnutrition Status in the Wajo Community Health Center Work Area"*, namely that nutritional disorders can be caused by a lack of knowledge, attitudes and actions in an effort to apply information in everyday life -day.

Educate the patient's husband about the importance of the husband's role and assistance during pregnancy, childbirth and breastfeeding, as explained by the results of research conducted by Sudirman, Herien Puspitawati, Istiqlaliyah Muflikhati, regarding *"The Role of the Husband in Determining the Subjective Well-Being of the Wife During Pregnancy and Childbirth "*.

CONCLUSION

Based on the results of a case study of the management of antenatal midwifery care for pregnant women with hyperemesis gravidarum, the author has drawn the conclusion that:

Based on the results of the anamnesis, subjective data was obtained from the patient, namely Mrs "N" aged 37 years, HPHT on 17-01-2024 and currently her gestational age has reached 5 weeks 2 days. with complaints of nausea and vomiting continuously for 3 days, the mother said she had no appetite.

Objective data taken based on the examination that has been carried out shows that the mother's condition is weak, consciousness is composmetetic, physical examination shows blood pressure: 110/80 mmHg, N: 82 times/minute, S: 36.5°C, P: 22 times/minute minutes, the scalp looks clean and the hair

does not fall out, the face looks pale, the conjunctiva is not anemic, the sclera is not icterus, the lips look pale, the ears look clean, there is no enlargement of the jugular veins, the breasts look symmetrical, and the impression on abdominal examination appears to be no scars, surgical wounds, and abdominal enlargement according to gestational age, symmetrical left and right extremities. Leopold's examination results, ballottement.

Based on subjective and objective data that has been obtained, namely pregnant woman aged 37 years (G6P5A0), HPHT 17-01-2024, gestation 5 weeks 2 days, ballottement, with the problem of hyperemesis gravidarum.

Management is carrying out collaborative actions with doctors, namely collaboration for installing RL 20 tpm infusion, ranitidine injection 1 ampoule/12 hours, ondansetron injection 1 ampoule/12 hours, taking a therapeutic approach to the client and family regarding their knowledge of danger signs during pregnancy, one of which is excessive nausea and vomiting and physiological changes in early pregnancy, advise mothers to consume warm ginger brew to reduce nausea and vomiting in mothers and encourage mothers to use the method of eating little but often.

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