

## FAMILY PLANNING MIDWIFERY CARE FOR Mrs. "N" IMPLANT ACCEPTOR WITH OLIGOMENORREA PROBLEMS AT BATARAGURU HEALTH CENTER

Danita<sup>1</sup>, Syastriani Isna Putri Syarif<sup>2\*</sup>, Wa Ode Nurul Mutia<sup>3</sup>

<sup>1,2,3</sup> Politeknik Baubau, Baubau, Indonesia

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### CORRESPONDING AUTHOR

Name: Syastriani Isna Putri Syarif  
Address: Baubau  
Email : [syastriani@gmail.com](mailto:syastriani@gmail.com)

### A B S T R A C T

**Background:** The Family Planning (KB) Program is a very important preventive health service for women and is an integral part of national development efforts. **Objective:** The ability of midwives to provide family planning assistance to implant recipients with oligomenorrhea problems at the Barataguru Health Center. **Subject:** The subjects selected were cases of implants with oligomenorrhea problems. **Method:** The research on midwifery care used was a case study, with Varney's 7-step midwifery management approach and SOAP. **Results:** The results of the subjective and objective data evaluation obtained Subjective data The mother said that she came to the health center for a consultation because she felt anxious and worried about her condition due to the long distance between menstrual cycles, indicating a diagnosis of implant contraception with oligomenorrhea problems. Objective data Weight before contraception: 65 kg Weight after contraception: 60 kg. Height of the mother: 163 cm Blood pressure: 120/80 mmHg. Pulse rate 98x / minute Temperature: 36.5 °c Breathing: 20x / minute Analysis Diagnosis: Mrs. "N" with an implant contraception acceptor who feels stressed, anxious and worried about her condition because of her long menstrual cycles. **Conclusion:** Midwifery services for Mrs. "N" who received a contraceptive implant who experienced stress, anxiety and worry due to her irregular menstrual cycles can be carried out properly. Actions taken include providing information on health status, advice on overcoming oligomenorrhea, psychological support and proper nutrition.

### INTRODUCTION

The Family Planning (KB) Program is a very important preventive health service for women and is an integral part of national development efforts. It is a government program that aims to regulate population growth by balancing needs and population numbers. Birth control has goals and benefits that include slowing population growth, spacing and delaying pregnancies, and reducing the number of unwanted pregnancies. Various types of contraceptives are available to help prevent unwanted pregnancies, even for women at high risk of pregnancy. (Ambarita & Butarbutar, 2022)

Family planning (FP) is a process that usually involves discussions between women, men, and trained family planning services focused on the health of the family and the couple's desire to limit their family. There are different methods used. Contraceptive methods used for FP can be grouped into two categories programmatically, namely long-term and permanent methods (contraceptive devices, implants, and sterilization) and short-term methods (pills, condoms, spermicides, injections, other modern methods, and all traditional methods) (Sartika et al., 2023)

Implants are an effective method of contraception, providing protection for 5 years with Norplant and 3 years for Jadena, Implanon, or Implanon. Made of soft rubber containing the hormone levonorgestrel, the implant is known as a type of subcutaneous contraceptive that is placed under the skin and contains progestin encapsulated in a polydimetric silicone capsule. However, the implant has some limitations, such as the need for minor surgery for insertion and removal. (Yusri, 2020)

Every woman has a unique and varied menstrual cycle pattern. The majority, about 90%, have cycles ranging from 25 to 35 days, while only about 10 to 15% have cycles up to 28 days. However, some women experience irregularities in their cycles, which are often characterized by prolonged menstrual cycles that last more than 35 days, which is called oligomenorrhea. These irregularities can be caused by hormonal imbalances and are influenced by many factors such as lifestyle, activity levels, and genetic factors in the family. Oligomenorrhea is often an indicator of fertility problems in women.(Yumna makeup, 2023)

A woman's menstrual cycle affects the production of hormones (FSH-LH), which then affects the production of estrogen and progesterone, which ultimately causes irregularities in the menstrual cycle. Women who experience severe psychological stress, such as severe stress or depression, often suffer from hormonal disorders that cause menstrual cycle instability and lack of ovulation.(Ulfa, 2021)

Long menstrual cycles can be a concern because it makes it difficult for women to determine their fertile days. If left untreated, this condition can cause a decrease in the hormone estrogen which can cause other symptoms such as breast shrinkage, vaginal dryness, and decreased libido.(Grace et al., 2019)

Women with oligomenorrhea often experience anxiety related to the uncertainty in calculating fertile days. This fear can create emotional stress that worsens menstrual conditions. During this phase, it is often not in line with emotional changes, which can cause feelings of anxiety and instability.(Mutia, 2022)

## **METHODOLOGY**

The research used is a qualitative method, namely a type of research that produces descriptive data with a case study approach. A simple case study is defined as a process of investigation or study in depth, in detail and specifically on a particular or specific event that occurs.(Hasanah, 2017)

The midwifery care used is a case study, with Varney's 7-step midwifery management approach. Midwifery management is an approach and framework used by midwives to apply systematic methods in solving problems, starting from data collection, data analysis, obstetric diagnosis, planning, implementation to evaluation.(Fera et al., 2023)

## **RESULTS AND DISCUSSION**

### **Subjective Data**

On February 28 at 09:00 WITA, Mrs. "N" came to the Health Center complaining of feeling stressed, anxious, and worried about her condition after using the contraceptive implant. She experienced long and irregular menstrual cycles, and often felt tired when doing housework and lost her appetite. The mother explained that she took birth control pills for a month after the birth of her first child until her third child, then continued taking birth control pills for a year after her fourth child was three years old. Currently, she has been using the contraceptive implant for one year.

### **Objective Data**

Physical examination showed that the general condition was good, normal consciousness, weight before implantation was 65 kg and after 60 kg, with a height of 163 cm. Vital signs included blood pressure of 120/80 mmHg, pulse rate of 98 beats per minute, body temperature of 36.5 °C, and respiratory rate of 20 times per minute. Head Clean scalp, no hair loss Face No edema and no cloosma gravida Eyes Conjunctiva is not anemic, sclera is white, eyes appear sunken Nose No tenderness and polyps, Appears clean and no tenderness Mouth and teeth Lips appear pale, no caries, no missing teeth Ears Symmetrical left and right, appear clean, no tenderness and good hearing Neck No swelling of the thyroid gland, lymph glands and dilation of the jugular vein Breasts are symmetrical left and right, nipples protrude, no tenderness Abdomen No surgical scars, linea nigra is visible Genitalia/vulva No signs of infection in the genitalia Upper and lower extremities Symmetrical left and right, no edema, Patellar reflex (+) left and right.

## **Analysis**

Mrs. "N" is a contraceptive implant acceptor who has oligomenorrhea problems.

## **Management**

Counseling about oligomenorrhea was given to the mother, and she understood that improving diet and nutrition could help overcome this problem. Mental support was given, with the result that adequate rest could improve psychological disorders (stress), and regular exercise could increase endorphin levels as a natural pain reliever. The mother was given counseling about improving nutritional status, and she understood the importance of consuming foods rich in iron (such as beans and broccoli), calcium (such as milk and tempeh), and magnesium (such as apples and spinach). Ways to reduce anxiety and stress were explained, with the result that regular exercise and sufficient time to rest or sleep could help.

## **DISCUSSION**

### **Subjective Data**

The mother said that she came to the health center for a consultation because she felt anxious and worried about her condition due to the long gap between menstrual cycles. She started feeling these symptoms since using the implant, which can cause menstrual disorders.(Haslan & Indryani, 2020)Menstrual cycle disorders that often occur in women are called oligomenorrhea. Malnutrition can have significant impacts, not only on physical growth, but also on reproductive function.(Reza Selviana Nur et al., 2022)

Oligomenorrhea, with long menstrual cycles, is indeed worrying because it makes it difficult for women to determine their fertile period. In addition, persistent oligomenorrhea can cause a lack of estrogen hormone, which can cause additional symptoms such as breast shrinkage, vaginal dryness, and decreased libido. Women with oligomenorrhea may also feel anxious because of the difficulty in calculating their fertile period. If anxiety is not treated, it can cause emotional stress which also worsens menstrual problems. Therefore, women who suffer from oligomenorrhea need obstetric care to overcome its effects.(Rachmania et al., 2019)

### **Objective Data**

The mother reported irregular menstruation and often felt tired when doing housework, as well as loss of appetite. Menstrual history showed manarche at the age of 15 years with a cycle of 35 days and a duration of 7 days. The mother's general condition was good, with stable consciousness, weight loss from 65 kg to 60 kg after implant placement. Vital signs: blood pressure 120/80 mmHg, pulse 98x/minute, temperature 36.5°C, and respiration 20x/minute. Physical examination showed no dysmenorrhea, and all other organ systems were normal, with no signs of infection or abnormalities. Based on the results of the examination, the patient's vital signs were normal. Patients who use contraceptive implants experience irregular menstrual cycles, a menstrual disorder known as oligomenorrhea. According to(Ramadan, 2020)

Oligomenorrhea is often associated with anovulation, or lack of ovulation, but can also be caused by endocrine disorders such as pregnancy, pituitary-hypothalamic problems, menopause or other systemic factors. Stress, whether mild, moderate or severe, can disrupt a woman's menstrual cycle. Stress affects the production of hormones (FSH-LH), which then affects the production of estrogen and progesterone, ultimately causing irregularities in the menstrual cycle.(Naandreyni, 2019)

## **Analysis**

Subjective condition: The mother reported anxiety about the long interval between menstrual cycles. This fear is caused by oligomenorrhea, a common menstrual cycle disorder in women. Malnutrition, which can affect physical growth and reproductive function, can cause this problem. Long menstrual cycles make it difficult for the mother to determine her fertile period and can cause a decrease in estrogen, causing additional symptoms such as breast shrinkage, vaginal dryness, and decreased libido. Continuous anxiety can worsen emotional stress, which in turn worsens menstrual problems.(Marlia et al., 2018). Objective condition: The mother's menstrual history showed manarche at the age of 15 years, with an initial menstrual cycle of 35 days and a duration of 7 days. Currently,

she feels tired when doing housework and has lost her appetite. After the contraceptive implant was installed, her weight dropped from 65 kg to 60 kg. Vital signs were normal: blood pressure 120/80 mmHg, pulse 98x/minute, temperature 36.5°C, respiration 20x/minute. Physical examination showed good general condition, no signs of infection or significant abnormalities. Physical Examination: Examination showed relatively normal results, no abnormalities in the body parts examined.(Yumna makeup, 2023)

### **Management**

Based on the results of subjective and objective data assessment and analysis that has been done, management in this case is still the authority of the midwife. Therefore, the actions that need to be taken are: Management and education Information about oligomenorrhea The mother understands that improving nutrition can help relieve oligomenorrhea. Emotional support The mother understands that adequate rest can reduce stress and regular exercise can increase endorphin hormones as natural pain relievers. Improving diet and nutritional status The mother understands the importance of consuming nutritious foods such as nuts, broccoli, Iron aims to form red blood cells, while red blood cells are responsible for transporting oxygen and nutrients throughout the body and helping the body's metabolic process to produce energy, if iron intake into the body decreases, red blood cells will also decrease, the body will lack oxygen as a result of symptoms of anemia(Syarif, 2022)

Calcium can be obtained from cheese, milk, and green vegetables. For magnesium, choose apples, spinach, and sweet potatoes. To reduce anxiety and stress, it is also important to exercise regularly, such as running or gymnastics, and make sure you have enough time to rest and sleep.(Ulfa, 2021)

Reducing anxiety and stress Mothers are advised to exercise regularly and get enough sleep, and are aware that physical activities such as running, jogging, and gymnastics can help reduce anxiety. Alternative contraceptive methods Mothers know several contraceptive options such as birth control pills, contraceptive injections, IUDs and condoms, as well as other ways to regulate the menstrual cycle. (Anggraini et al., 2021)

### **CONCLUSION**

Based on the results of the assessment through anamnesis, physical examination, established diagnosis and plans prepared according to needs, as well as discussions that show the suitability between the theory explained and reality, the author can draw the following conclusions:

Based on the patient's history and subjective information, Mrs. "N" was identified as a contraceptive implant user who suffered from oligomenorrhea.

Based on the assessment conducted, the mother reported that her menstruation was irregular and she often felt tired when doing housework, and experienced loss of appetite. Menstrual history showed manarche at the age of 15 years with a cycle of 35 days and a duration of 7 days. The mother's general condition was good, with stable consciousness. The mother's weight decreased from 65 kg to 60 kg after the installation of the contraceptive implant, with a height of 163 cm. Her vital signs were within normal limits: blood pressure 120/80 mmHg, pulse 98x/minute, temperature 36.5°C, and respiration 20x/minute. Physical examination showed no significant abnormalities, including the condition of the head, face, eyes, nose, mouth, ears, neck, breasts, abdomen, genitalia, and extremities. In conclusion, the mother experienced an irregular menstrual cycle, known as oligomenorrhea, in accordance with the existing literature.

Based on the results of subjective and objective data assessment, as well as the analysis that has been carried out, management in this case is still within the authority of the midwife. Actions that need to be taken include several important aspects: Management and Education Provide information about oligomenorrhea and the importance of improving nutrition to relieve symptoms. Emotional Support Provide emotional support by explaining that adequate rest can reduce stress, while regular exercise can increase endorphins as a natural pain reliever. Improve Diet and Nutritional Status Educate mothers about the importance of consuming nutritious foods, such as nuts, broccoli, mango, papaya, sweet potatoes, cheese, milk, dried fish, and green vegetables. Reduce Anxiety and Stress Advise mothers to exercise regularly and get enough sleep, and realize that physical activities such as running, jogging, and gymnastics can help reduce anxiety. Alternative Contraceptive Methods Provide information about several contraceptive options, such as birth control pills, contraceptive injections, IUDs, and condoms, as well as other methods to regulate the menstrual cycle. With this

comprehensive approach, it is hoped that mothers can manage oligomenorrhea better and improve their quality of life.

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