

ABSTRACT

Aldini Nurlita Sari (2025). Midwifery Care for Pregnant Women with Emesis Gravidarum in the First Trimester at TPMB Bd. Sumariyah, S.Tr.,Keb. Scientific Paper: Case Study, Diploma Three Midwifery Study Program, Malang, Department of Midwifery, Malang, Supervisor: Ratih Kusuma Wardhani, S.ST., M.Keb.

Emesis gravidarum is a common physiological condition in the first trimester of pregnancy, characterized by nausea and vomiting that can impact the health of the mother and fetus if not managed appropriately. Appropriate management is crucial to prevent further complications such as hyperemesis gravidarum. The purpose of this case study is to provide comprehensive midwifery care to pregnant women experiencing emesis gravidarum in the first trimester, through a midwifery management approach ranging from assessment to evaluation. This research used a qualitative case study design with a Varney standard midwifery care approach and SOAP recording. The subject was a pregnant woman, 8–10 weeks pregnant, experiencing nausea and vomiting. Data were collected through interviews, observations, physical examinations, and documentation from the KIA (Maternity and Child Health) book. Care was provided during three visits at the Sumariyah Bd. TPMB, Malang City. After receiving education, nutritional monitoring, dietary habits, and nausea management techniques, the subject showed a decrease in the frequency of nausea and vomiting from 3–4 times per day to approximately 2 times per day. Appetite improved, fatigue decreased, and the mother's general condition remained good. Appropriate and structured midwifery care can help reduce emesis gravidarum in pregnant women in the first trimester. Non-pharmacological interventions, education, and family support play a crucial role in successful management.

Keywords: *Emesis Gravidarum, Pregnancy First Trimester.*