

## ABSTRACT

Alyssa Davina Syachnaz (2025). *Midwifery Care fo Mrs. A a 21 years old Pregnant Woman G1P0000Ab000 at 9-10 weeks of Gestation with Risk of Chronic Energy Deficiency at Lawang Public Health Center*. Descriptive Case Study. Malang Midwifery Diploma Program, Department of Midwifery, Ministry of Health Polytechnic Health of Malang. Supervisor: Ratih Kusuma W, SST., M.Keb.

*Chronic Energy Deficiency (CED) in pregnant women is a nutritional issue that can increase the risk of complications during pregnancy, childbirth, and the postpartum period. This case study aims to provide comprehensive midwifery care for Mrs. A, a 21-year-old primigravida (G1P0000Ab000) at 9–10 weeks of gestation in the first trimester, with a risk of CED at Lawang Public Health Center. The method used was a descriptive-exploratory approach based on the 7-step Varney midwifery management framework, starting from subjective and objective assessments, data interpretation, identification of potential problems, planning interventions, implementation, and evaluation. The study was conducted over 19 days with four visits. The assessment results showed a Mid-Upper Arm Circumference (MUAC) of less than 23.5 cm, a dietary pattern inconsistent with the "Isi Piringku" guidelines, and fluid intake below 2 liters per day. Interventions included nutritional education, provision of supplementary food (whole wheat biscuits), and monitoring of dietary habits using a food recall. The evaluation indicated a 2 kg weight gain, a 0.3 cm increase in MUAC, and improved maternal understanding of the importance of a healthy diet. This study emphasizes the importance of continuous nutritional monitoring and education in managing CED cases in pregnant women.*

**Keywords: Pregnant, CED, supplementary food, MUAC, nutrition,**