

ABSTRACT

Nadila Aulia Azahwa (2025) Midwifery Care for Pregnant Women with Emesis Gravidarum at Independent Midwife Practice in Poncokusumo District, Malang Regency. Descriptive Case Study. Malang Midwifery Diploma Program. Department of Midwifery of Health Polytechnic Health of Malang. Supervisor: Heppy Rina Mardiana, SST., M.Keb.

Nausea and vomiting (Emesis Gravidarum) is one of the most common problems in the first trimester of pregnancy in Indonesia with a total of 2,203 pregnancies observed completely, 534 pregnant women experienced nausea and vomiting so that the average case of nausea and vomiting currently occurs is 67.9%. Nausea and vomiting occurs due to high levels of the hormone hCG (human Chorionic Gonadotropin) which is influenced by hPL (human Placental Lactogen) which stimulates the occurrence of nausea and vomiting in pregnant women in the first trimester. The method used is exploratory descriptive with the research subject being Mrs. I who is a pregnant woman with a gestational age of 10-12 weeks with complaints of nausea and vomiting. The results of the case study obtained from interviews and observations were that the mother complained of vomiting 3-4 times a day and from the results of the examination within normal limits. The interventions carried out were IEC eating small but often, consuming snacks in the morning, nutritional needs, rest needs, and drinking boiled ginger water. After 3 visits, emesis gravidarum was found in Mrs. I. I went from having 3-4 bowel movements a day to just once in the morning. In conclusion, emesis gravidarum is a physiological condition, but it can be uncomfortable for pregnant women.

Keyword : Emesis Gravidarum, pregnancy, case study