

## **ABSTRACT**

Najlaa, Putri Khairunnisa'. (2025). *Midwifery Care for Mrs. A G2P1001Ab000, 36 Years Old, 8–9 Weeks of Gestation with Grade I Hyperemesis Gravidarum at Independent Midwife Practice Endah Nurika Batu: A Case Study Scientific Paper. Diploma 3 Midwifery Study Program, Department of Midwifery, Ministry of Health Polytechnic Health of Malang. Supervisor: Suprapti, S.ST., M.Kes.*

*Hyperemesis gravidarum is a condition characterized by excessive nausea and vomiting during pregnancy, primarily occurring in the first trimester, caused by increased levels of hCG, estrogen, and progesterone hormones, which can affect both maternal and fetal health. The purpose of this case study is to implement midwifery care for a pregnant woman with hyperemesis gravidarum. This study used a descriptive qualitative method through interviews, observations, physical examinations, and documentation studies, with data collection instruments in the form of midwifery care formats based on the 7 Varney steps and SOAP. The subject of the study was Mrs. "A", 36 years old, G2P1A0, with a gestational age of 8–9 weeks, who experienced nausea and vomiting 5–6 times a day for two weeks, accompanied by loss of appetite, pale face, sunken eyes, dry lips, coated tongue, epigastric pain, decreased skin turgor, rapid pulse, and a 1 kg weight loss. The diagnosis was established as grade I hyperemesis gravidarum. Management was carried out over five visits within two weeks on an outpatient basis, including education on dietary management, fluid intake, rest patterns, medication, warm ginger herbal remedies, and psychological support. The conclusion showed a decrease in nausea and vomiting frequency: three times a day by the third visit, only in the morning by the fourth visit, and complete resolution with improved appetite by the fifth visit.*

**Keywords:** *Midwifery Care, Hyperemesis Gravidarum, First Trimester of Pregnancy*