

## **ABSTRACT**

Novianti Wulandari (2025). *Case Study of Midwifery Care in the First Trimester of Pregnancy for Mrs. V with Emesis Gravidarum at TPMB Eko Yuliati, A.Md.Keb. Scientific Paper Case Study, DIII Midwifery Study Program Malang, Department of Midwifery, Health Polytechnic, Ministry of Health, Malang. Supervisor: Dwi Yuliawati, SST., M.Keb.*

*Nausea and vomiting (emesis gravidarum) are normal and common symptoms in the first trimester of pregnancy. Emesis gravidarum is characterized by nausea and vomiting that occurs 1-2 times a day, decreased appetite, and fatigue and if not immediately treated can increase the risk of complications such as hyperemesis, the body becomes weaker, and cause tissue damage that can endanger the health of the mother and the development of the fetus she is carrying. This study aims to provide an overview of midwifery care for first trimester pregnant women with emesis gravidarum at TPMB Eko Yuliati, A. Md. Keb, Pandanwangi. The method used is a descriptive case study with a comprehensive midwifery care approach starting from assessment to evaluation. The results of the assessment of Mrs. V G2P1001Ab000 gestational age 10-11 weeks showed that the frequency of nausea in the mother had decreased from initially 4-5 times a day after being given comprehensive care, Mrs. V no longer experienced nausea and Mrs. V was able to carry out normal activities. The interventions provided included education on drinking warm ginger water every morning, maintaining small but frequent meals, consuming approximately 1 liter of mineral water per day, getting plenty of rest and reducing excessive activity, and inhaling lemon aromatherapy. Evaluation showed an increase in mothers' understanding of nausea and the signs and symptoms of nausea and vomiting. This study emphasizes the importance of midwives in early detection, education, and monitoring of pregnant women with emesis gravidarum. It is hoped that this study can serve as a reference in midwifery practice and increase pregnant women's awareness of the prevention and early management of emesis gravidarum.*

**Keywords: Ginger water, Emesis Gravidarum, Pregnant women**