

ABSTRACT

Nurafriani (2025). **Midwifery Care for Gestational Hypertension at Jabung Community Health Center, Malang Regency.** Case Study Scientific Paper. Diploma III in Midwifery Program, Department of Midwifery, Health Polytechnic of the Ministry of Health Malang. Supervisor: Ika Yudianti, SST., M.Keb.

Gestational hypertension is one of the pregnancy complications that can have serious impacts on both the mother and the baby, especially if it persists into the postpartum period. This condition is characterized by increased blood pressure after 20 weeks of gestation without proteinuria but may progress to preeclampsia or persistent postpartum hypertension. This case study aims to describe the occurrence of gestational hypertension continuing into the postpartum period and its implications for maternal health. The method used was a descriptive case study involving a third-trimester pregnant woman undergoing antenatal care at Jabung Community Health Center. Data collection was carried out through interviews, observations, and physical examinations, including blood pressure (BP) measurements, weight gain, and urine protein status. The assessment results showed that the mother experienced gestational hypertension (initial visit BP was 153/99 mmHg) with negative urine protein and maternal weight classified as obese. Interventions included nutritional education, blood pressure monitoring, monitoring of dietary intake and fetal growth on a regular basis, as well as education about antihypertensive drugs. The results also indicated that the mother with gestational hypertension continued to experience elevated blood pressure during the postpartum period, which poses risks of complications such as organ failure and HELLP syndrome. In conclusion, continuous blood pressure monitoring in postpartum mothers with a history of gestational hypertension is essential to prevent long-term complications and improve maternal health outcomes.

Keywords: gestational hypertension, postpartum, complications, maternal health.