

ABSTRAK

Olivia Cahyaning Asura Putri Lawinda (2025). *Midwifery Care for Pregnant Women with Physiological Fluor Albus at TPMB Endah Nurika*. Case Study Scientific Paper. Diploma III Midwifery Study Program, Department of Midwifery, Politeknik Kesehatan Kemenkes Malang. Supervisor: Duhita Dyah Apsari, S.Keb., Bd., M.Kes.

Fluor albus is a common complaint experienced by pregnant women caused by hormonal changes and increased vaginal secretions. Fluor albus may be physiological or pathological, and if not properly managed, it can increase the risk of reproductive tract infections. The purpose of this study was to describe midwifery care for pregnant women with physiological fluor albus and to determine the effectiveness of health education in improving maternal knowledge regarding personal hygiene and prevention of fluor albus. This study employed a descriptive exploratory method with one subject, a third-trimester pregnant woman experiencing physiological fluor albus. The examination results showed complaints of abundant discharge, odorless, and without itching. The diagnosis established was G2P000Ab100 with a gestational age of 32–34 weeks and physiological fluor albus. Midwifery care was provided in the form of third-trimester antenatal care and health education regarding personal hygiene, nutrition, fluor albus, and proper genital hygiene practices. Evaluation was carried out through pre-test and post-test. The results of the visits indicated a reduction in fluor albus complaints and an increase in maternal knowledge. Adequate knowledge proved to support healthy behavior changes, particularly in maintaining personal hygiene during pregnancy. It is recommended that pregnant women maintain genital hygiene, wear clean and absorbent underwear, and immediately seek medical attention if they experience abnormal fluor albus such as itching or foul odor.

Keywords: *midwifery care, physiological fluor albus, pregnant woman*