

**PROVISION OF HEALTH COACHING ON GINGER CANDY AND GINGER
TEA TO PRIMIGRAVIDA PREGNANT WOMEN EXPERIENCING
NAUSEA AT THE OBGYN POLYCLINIC OF KANJURUHAN
GENERAL HOSPITAL, MALANG**

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ABSTRACT

Nausea and vomiting are common problems in the first trimester of pregnancy that can interfere with nutritional intake, cause dehydration, and reduce the quality of life of mothers. This condition can hinder the mother's ability to maintain her health independently, which contradicts the principles of the Health Promotion Model (HPM) by Nola J. Pender. This study aims to evaluate the administration of ginger candy and ginger tea through health coaching in nursing care for primigravida pregnant women experiencing nausea-related nursing issues. The method used was a case study of one primigravida patient at the Obstetrics and Gynecology Clinic of Kanjuruhan General Hospital, Malang Regency. The intervention was conducted over three consecutive days from March 21–23, 2025, in the form of health education and the provision of ginger in two forms: ginger candy and ginger tea. The results showed a reduction in nausea and vomiting symptoms, as indicated by a decrease in the PUQE score from 7 (moderate category) to 5 and then 4 (mild category), accompanied by an increase in appetite and client comfort. The intervention conducted over three days largely achieved the set objectives and outcome criteria.

Keywords: nausea, primigravida, health coaching, ginger candy, ginger tea