

ABSTRAK

Depo Medroxyprogesterone Acetate (DMPA) merupakan salah satu jenis kontrasepsi suntik hormonal yang mengandung 150 mg hormon medroksiprogesteron asetat dan diberikan secara intramuskular setiap 12 minggu. Metode ini cukup efektif dalam mencegah kehamilan, namun dapat menimbulkan efek samping, salah satunya adalah spotting atau perdarahan bercak di luar siklus menstruasi. Spotting seringkali menimbulkan kecemasan dan ketidaknyamanan bagi pengguna, sehingga diperlukan penanganan yang tepat. Tujuan dari asuhan ini untuk memberikan penanganan terhadap spotting melalui edukasi, pengawasan, serta pemberian terapi tambahan berupa pil kombinasi 1x1 selama 7 hari.

Metode yang digunakan dalam studi kasus pada akseptor kontrasepsi suntik DMPA di Desa Jaddih kabupaten bangkalan yang mengalami spotting selama tiga hari. Pengumpulan data 3x pada bulan januari hingga mei dilakukan melalui wawancara, studi dokumentasi, serta pencatatan dalam buku K4. Asuhan kebidanan dilakukan melalui tiga kali kunjungan rumah. Pada kunjungan pertama dilakukan pengkajian data subjektif dan objektif, analisis masalah, serta implementasi asuhan berupa pemberian pil kombinasi selama 7 hari, edukasi mengenai efek samping DMPA, anjuran menjaga kebersihan personal hygiene, serta perbaikan pola nutrisi. Pada kunjungan kedua dilakukan evaluasi dari implementasi sebelumnya, dan diketahui bahwa spotting telah berhenti setelah konsumsi pil kombinasi selama 7 hari. Selanjutnya, pada kunjungan ketiga, ibu tidak lagi mengeluhkan spotting maupun gangguan lainnya.

Hasil asuhan menunjukkan bahwa pendekatan edukatif dan terapi pendukung dapat mengatasi efek samping spotting secara efektif. Diharapkan bagi pengguna kontrasepsi suntik DMPA yang mengalami spotting untuk segera berkonsultasi ke fasilitas kesehatan dan mengikuti arahan bidan guna mendapatkan penanganan yang tepat dan mencegah komplikasi lebih lanjut.

Kata Kunci: Kontrasepsi suntik DMPA, spotting

ABSTRACT

Depo Medroxyprogesterone Acetate (DMPA) is a type of hormonal injectable contraceptive that contains 150 mg of medroxyprogesterone acetate and is administered intramuscularly every 12 weeks. This method is quite effective in preventing pregnancy, but it can cause side effects, one of which is spotting or bleeding outside of the menstrual cycle. Spotting often causes anxiety and discomfort for users, so proper management is needed. The aim of this care is to provide treatment for spotting through education, supervision, and additional therapy in the form of a combined pill 1x1 for 7 days.

The method used in this case study was on an injectable DMPA contraceptive acceptor in Jaddih Village, Bangkalan Regency, who experienced spotting for three days. Data collection was conducted 3 times from January to May through interviews, document studies, and K4 book records. Midwifery care was provided through three home visits. The first visit included subjective and objective data assessment, problem analysis, and implementation of care in the form of a combined pill for 7 days, education on DMPA side effects, advice on maintaining personal hygiene, and improvement of nutritional patterns. On the second visit, an evaluation of the previous implementation was conducted, and it was found that the spotting had stopped after taking the combined pill for 7 days. Subsequently, during the third visit, the woman no longer complained of spotting or any other disturbances.

The results of the care showed that an educational approach and supportive therapy could effectively overcome the side effect of spotting. It is hoped that DMPA injectable contraceptive users who experience spotting will immediately consult health facilities and follow the midwife's instructions to receive appropriate treatment and prevent further complications.

Keywords: DMPA injectable contraceptive, spotting