

ABSTRAK

LAPORAN KASUS IBU HAMIL TRIMESTER III RISIKO TINGGI DENGAN JARAK KEHAMILAN KURANG DARI 2 TAHUN DAN OBESITAS

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Pendahuluan: Kehamilan risiko tinggi akibat jarak kehamilan kurang dari 2 tahun dan obesitas merupakan kondisi yang berkontribusi terhadap peningkatan komplikasi maternal dan perinatal, termasuk anemia, BBLR, hipertensi dalam kehamilan, dan diabetes gestasional. Laporan kasus ini bertujuan mendeskripsikan asuhan kebidanan secara komprehensif pada ibu hamil trimester III risiko tinggi dengan jarak kehamilan kurang dari 2 tahun dan obesitas di Puskesmas Simomulyo Surabaya. **Metode:** Jenis laporan ini adalah *case report* dengan pendekatan asuhan kebidanan berkesinambungan (*continuity of care*). **Hasil dan Pembahasan:** Catatan perkembangan menunjukkan bahwa setelah pemberian asuhan kebidanan komprehensif, kondisi ibu mengalami perbaikan: keluhan pusing berkurang dan sesak berkurang, ibu mulai menerapkan pola makan bergizi seimbang, dan kondisi janin terpantau baik dengan DJJ normal. Tekanan darah pada kunjungan rumah menunjukkan 120/92 mmHg, TFU 24 cm sesuai usia kehamilan. Ibu memahami seluruh edukasi yang diberikan, bersikap kooperatif, dan mulai mempersiapkan persalinan. Tidak ditemukan tanda-tanda komplikasi lanjut selama periode pengkajian. **Simpulan dan Saran:** Asuhan kebidanan berkesinambungan pada ibu hamil trimester III dengan jarak kehamilan kurang dari 2 tahun dan obesitas mampu mendeteksi risiko secara dini dan menjaga kondisi ibu serta janin tetap baik. Identifikasi dini kedua faktor risiko dan penerapan *continuity of care* merupakan kunci keberhasilan penanganan kasus ini. Disarankan agar interval kunjungan ANC dipersingkat dan pemeriksaan Hb ulang dilakukan di trimester III pada kasus serupa.

Kata Kunci: *Jarak Kehamilan Kurang dari 2 Tahun; Kehamilan Risiko Tinggi; Obesitas*

ABSTRACT

CASE REPORT OF A THIRD- TRIMESTER HIGH-RISK PREGNANCY WITH AN INTERPREGNANCY INTERVAL OF LESS THAN 2 YEARS AND MATERNAL OBESITY

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Introduction: High-risk pregnancy resulting from an interpregnancy interval of less than 2 years combined with obesity contributes to increased maternal and perinatal complications, including anemia, low birth weight (LBW), hypertensive disorders of pregnancy, and gestational diabetes. This case report aims to describe comprehensive midwifery care for a high-risk third-trimester pregnant woman with an interpregnancy interval of less than 2 years and obesity at Puskesmas Simomulyo Surabaya. **Method:** This report employed a case study design using a continuity of care approach in midwifery management. **Results and Discussion:** Progress notes demonstrated clinical improvement following comprehensive midwifery care: dizziness and shortness of breath resolved, the patient began implementing a balanced diet, and fetal condition remained stable with a normal fetal heart rate. Blood pressure at the home visit was 120/92 mmHg with fundal height of 24 cm appropriate for gestational age. The patient demonstrated good understanding of all education provided, showed cooperative behavior, and began preparing for delivery. No signs of further complications were identified during the assessment period. **Conclusion and Recommendation:** Continuous midwifery care for third-trimester pregnant women with a short interpregnancy interval and obesity effectively facilitated early risk detection and maintained favorable maternal and fetal outcomes. Early identification of both risk factors and the application of continuity of care were key to successful case management. It is recommended that ANC visit intervals be shortened and repeat hemoglobin testing be performed in the third trimester for similar cases.

Keywords: *Interpregnancy Interval Less Than Two Years; High-Risk Pregnancy; Obesity*