

ABSTRAK

Laporan Kasus pada ibu hamil G1P0A0 dengan Hipertensi Gestasional disertai Obesitas di Puskesmas Duduk Sampeyan

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Pendahuluan: Hipertensi gestasional adalah peningkatan tekanan darah $\geq 140/90$ mmHg, muncul setelah usia kehamilan 20 minggu tanpa proteinuria. Obesitas salah satu faktor risiko yang dapat meningkatkan kejadian hipertensi gestasional dan komplikasi pada ibu maupun janin. Oleh karena itu, diperlukan asuhan kebidanan yang komprehensif. Laporan kasus ini bertujuan mendeskripsikan asuhan kebidanan pada ibu hamil G1P0A0 dengan hipertensi gestasional disertai obesitas di Puskesmas Duduk Sampeyan. **Metode:** Penelitian ini menggunakan metode *case report* pada satu kasus ibu hamil G1P0A0 dengan hipertensi gestasional disertai obesitas yang dilakukan di Puskesmas Duduk Sampeyan, Gresik, Pelaksanaan April–Mei 2026. Pengumpulan data dilakukan melalui pendekatan manajemen kebidanan dengan dokumentasi SOAP. **Hasil Penelitian dan Pembahasan:** Ny. A, usia 32 tahun, G1P0A0 usia kehamilan 24–25 minggu, mengalami hipertensi gestasional disertai obesitas dengan keluhan sakit kepala, mudah lelah, dan nyeri ulu hati. Hasil pemeriksaan menunjukkan tekanan darah 150/90 mmHg, IMT 41,25 kg/m², edema pada ekstremitas bawah, serta protein urine negatif. Asuhan yang diberikan meliputi pemantauan ibu dan janin, edukasi, konseling nutrisi, ANC rutin, terapi nifedipine 10 mg dan aspilet, serta kolaborasi dengan dokter dan ahli gizi. Setelah asuhan diberikan, tekanan darah menurun menjadi 130/80 mmHg, edema berkurang, berat badan stabil, dan kondisi janin baik. Hasil ini menunjukkan bahwa asuhan kebidanan yang komprehensif dan kolaboratif efektif dalam memperbaiki kondisi ibu serta mendukung kesehatan janin. **Kesimpulan:** Asuhan kebidanan komprehensif pada ibu hamil G1P0A0 dengan hipertensi gestasional disertai obesitas dapat membantu menurunkan tekanan darah, memperbaiki kondisi klinis ibu, menjaga kestabilan berat badan, serta mendukung pertumbuhan dan perkembangan janin secara optimal.

Kata kunci: Kehamilan, Hipertensi gestasional, obesitas

ABSTRACT

Case Report of a G1P0A0 Pregnant Woman with Gestational Hypertension Accompanied by Obesity at Duduk Sampeyan Primary Health Center

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Introduction: Gestational hypertension is defined as an increase in blood pressure $\geq 140/90$ mmHg occurring after 20 weeks of gestation without proteinuria. Obesity is one of the risk factors that may increase the incidence of gestational hypertension and its complications for both mother and fetus. Therefore, comprehensive midwifery care is required. This case report aimed to describe midwifery care for a G1P0A0 pregnant woman with gestational hypertension accompanied by obesity at Duduk Sampeyan Primary Health Center. ***Methods:*** This study employed a case report design involving a G1P0A0 pregnant woman with gestational hypertension and obesity. The study was conducted at Duduk Sampeyan Primary Health Center, Gresik Regency, from April to May 2026. Data were collected using a midwifery management approach with SOAP documentation, including subjective data, objective data, assessment, management, and evaluation. ***Results and Discussion:*** Mrs. A, a 32-year-old G1P0A0 woman at 24–25 weeks of gestation, experienced gestational hypertension accompanied by obesity, with complaints of headache, fatigue, and epigastric pain. Examination results showed a blood pressure of 150/90 mmHg, a body mass index (BMI) of 41.25 kg/m², lower-extremity edema, and negative urine protein. The care provided included maternal and fetal monitoring, health education, nutritional counseling, routine antenatal care (ANC), administration of nifedipine 10 mg and Aspilet, and collaboration with physicians and nutritionists. Following the interventions, blood pressure decreased to 130/80 mmHg, edema improved, body weight remained stable, and fetal condition was good. These findings indicate that comprehensive and collaborative midwifery care is effective in improving maternal health status and supporting fetal well-being. ***Conclusion:*** Comprehensive midwifery care for a G1P0A0 pregnant woman with gestational hypertension accompanied by obesity can help reduce blood pressure, improve the mother's clinical condition, maintain weight stability, and support optimal fetal growth and development.

Keywords: Pregnancy, gestational hypertension, obesity.