

ABSTRAK

Laporan Kasus Pada Ibu Hamil Risiko Sangat Tinggi Dengan Servisititis dan *Cyberchondria*

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Pendahuluan: Kehamilan risiko sangat tinggi merupakan kondisi yang meningkatkan risiko komplikasi pada ibu dan janin. Servisititis dapat meningkatkan risiko infeksi selama kehamilan, sedangkan *cyberchondria* dapat memperburuk kecemasan akibat pencarian informasi kesehatan secara berlebihan melalui internet.

Tujuan: Menerapkan dan memperoleh gambaran asuhan kebidanan komprehensif pada ibu hamil risiko sangat tinggi dengan servisititis dan *cyberchondria* di Puskesmas Sekapuk Gresik. **Metode:** Laporan kasus menggunakan pendekatan *case report* pada Ny. H usia 36 tahun, G4P1A2 usia kehamilan 15 minggu.

Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, pemeriksaan penunjang, studi dokumentasi, serta penggunaan KSPR, EPDS, dan CSS-12. Asuhan diberikan menggunakan manajemen Varney dan didokumentasikan dalam format SOAP. **Hasil dan Pembahasan:** Hasil pengkajian menunjukkan Ny. H termasuk kategori Kehamilan Risiko Sangat Tinggi dengan skor KSPR 18, mengalami servisititis berdasarkan diagnosis dokter SpOG, serta memiliki skor EPDS 13 dan CSS-12 sebesar 41 yang menunjukkan *cyberchondria* kategori tinggi. Setelah diberikan edukasi, konseling, personal hygiene, kolaborasi dengan dokter SpOG, dan pemantauan berkala, keluhan gatal berkurang, pemahaman ibu meningkat, serta kecenderungan mencari informasi kesehatan secara berlebihan menurun. **Simpulan dan Saran:** Asuhan kebidanan komprehensif mampu membantu mengatasi masalah fisik dan psikologis pada ibu hamil risiko sangat tinggi. Disarankan ibu hamil melakukan pemeriksaan antenatal secara rutin, membatasi pencarian informasi kesehatan dari sumber yang tidak valid, dan tenaga kesehatan meningkatkan edukasi serta skrining kondisi psikologis selama kehamilan.

Kata kunci: Laporan Kasus, Kehamilan Risiko Sangat Tinggi, Servisititis, *Cyberchondria*

ABSTRACT

Case Report Of A Very High-Risk Pregnant Woman With Cervicitis And Cyberchondria

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Background: High-risk pregnancy is a condition that increases the risk of maternal and fetal complications. Cervicitis during pregnancy may increase the risk of infection and obstetric complications, while cyberchondria can worsen anxiety due to excessive online health information seeking. **Objective:** To implement and describe comprehensive midwifery care for a high-risk pregnant woman with cervicitis and cyberchondria at Sekapuk Community Health Center, Gresik. **Methods:** This case report involved Mrs. H, a 36-year-old pregnant woman (G4P1A2) at 15 weeks of gestation. Data were collected through interviews, observation, physical and supporting examinations, documentation review, and the use of the Poedji Rochjati Score Card (KSPR), Edinburgh Postnatal Depression Scale (EPDS), and Cyberchondria Severity Scale-12 (CSS-12). Midwifery care was provided using Varney's Midwifery Management and documented in the SOAP format. **Results and Discussion:** The patient was classified as having a high-risk pregnancy with a KSPR score of 18, diagnosed with cervicitis by an obstetrician-gynecologist, an EPDS score of 13, and a CSS-12 score of 41, indicating high-level cyberchondria. Following health education, counseling, personal hygiene management, collaborative care with an obstetrician-gynecologist, and regular follow-up, genital itching decreased, the patient's understanding of her condition improved, and excessive online health information seeking was reduced. **Conclusion and Recommendation:** Comprehensive midwifery care effectively addressed both physical and psychological problems. Pregnant women are encouraged to attend routine antenatal care, obtain health information from reliable sources, and healthcare providers should strengthen education and psychological screening during pregnancy.

Keywords: Case Report, Very High-risk Pregnancy, Cervicitis, Cyberchondria.