

ABSTRAK

Laporan Kasus Pada Ibu Hamil G3P2A0 Trimester II Usia > 35 Tahun

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Pendahuluan: Usia Kehamilan ≥ 35 tahun mempunyai risiko tinggi terjadinya komplikasi pada ibu dan bayi (hipertensi, diabetes gestasional, kelahiran prematur, dan kelainan janin). Maka dari itu, dibutuhkan asuhan kebidanan komprehensif untuk mendeteksi dan mencegah komplikasi sejak dini. **Metode:** Pendekatan laporan kasus manajemen asuhan kebidanan SOAP. Subjek kasus adalah ibu hamil G3P2A0 usia 38 tahun dengan umur kehamilan 25 minggu yang mengalami kehamilan risiko tinggi karena usia ≥ 35 tahun. Observasi data dengan wawancara, observasi, pemeriksaan fisik, pemeriksaan obstetri, dan pemeriksaan penunjang di Puskesmas Pakis Kota Surabaya. **Hasil dan Pembahasan:** Hasil observasi data membuktikan bahwa ibu masuk kategori hamil resiko tinggi berdasarkan umur maternal lanjut. Keadaan umum ibu dan janin di batas normal, tanpa ditemukan komplikasi selama masa pengkajian. Asuhan kebidanan disediakan yaitu observasi keadaan ibu dan janin, konseling tentang risiko kehamilan usia lanjut, konseling nutrisi, pemberian suplementasi, deteksi dini tanda bahaya kehamilan, serta anjuran kunjungan antenatal secara rutin. Penerapan asuhan secara komprehensif mendukung pemeliharaan kesehatan ibu dan janin serta pencegahan komplikasi. **Simpulan dan Saran:** Asuhan kebidanan komprehensif terhadap ibu hamil trimester II umur ≥ 35 tahun efektif mempertahankan keadaan kesehatan ibu dan janin serta meningkatkan kesiapan melahirkan. Ibu hamil usia ≥ 35 tahun disarankan melakukan pemeriksaan antenatal secara teratur, memenuhi kebutuhan nutrisi, dan meningkatkan kewaspadaan terhadap tanda bahaya kehamilan.

Kata kunci: kehamilan risiko tinggi, usia ≥ 35 tahun, asuhan kebidanan.

ABSTRACT

Case Report on a G3P2A0 Pregnant Woman in the Second Trimester Aged Over 35 Years

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Introduction: Pregnant women aged 35 years or older are at high risk for complications affecting both the mother and the baby (hypertension, gestational diabetes, preterm birth, and fetal abnormalities). Therefore, comprehensive midwifery care is needed to detect and prevent complications early on. **Methods:** A SOAP-based approach to a midwifery care management case report. The subject of the case is a 38-year-old pregnant woman (G3P2A0) at 25 weeks' gestation who is classified as having a high-risk pregnancy due to her age of ≥ 35 years. Data were collected through interviews, observations, physical examinations, obstetric examinations, and diagnostic tests at the Pakis Community Health Center in Surabaya. **Results and Discussion:** Data observations indicate that the mother falls into the high-risk pregnancy category due to her advanced maternal age. The overall condition of both the mother and the fetus was within normal limits, with no complications detected during the evaluation period. The care provided by the midwife included monitoring the mother's and fetus's condition, counseling on the risks associated with advanced maternal age, nutritional counseling, supplements, early detection of signs of high-risk pregnancy, and recommendations for regular prenatal visits. The implementation of comprehensive care supports maternal and fetal health and helps prevent complications. **Conclusion and Recommendation:** Comprehensive midwifery care for pregnant women in the second trimester who are 35 years of age and older is effective in maintaining the health of both the mother and the fetus, as well as in improving preparation for childbirth. Pregnant women aged 35 and older are advised to undergo regular prenatal check-ups, meet their nutritional needs, and be vigilant for warning signs of pregnancy complications.

Keywords: high-risk pregnancy, advanced maternal age, midwifery care