

ABSTRAK

LAPORAN KASUS PADA KEHAMILAN DENGAN MULTIGRAVIDA PRIMI TUA SEKUNDER DENGAN HIPEREMESIS GRAVIDARUM

Azarica Lady Andiani

P27824123024

Prodi DIII Kebidanan Sutomo Jurusan Kebidanan
Politeknik Kesehatan Kementrian Kesehatan Surabaya

Pendahuluan: Kehamilan pada usia ≥ 35 tahun (primi tua sekunder) merupakan kehamilan risiko tinggi yang berpotensi menimbulkan berbagai komplikasi, salah satunya hiperemesis gravidarum (HEG). Kondisi ini ditandai dengan mual dan muntah berlebihan yang dapat menyebabkan dehidrasi, gangguan keseimbangan elektrolit, penurunan status gizi ibu, serta berdampak terhadap pertumbuhan janin apabila tidak ditangani secara tepat. Penelitian ini bertujuan mendeskripsikan asuhan kebidanan pada ibu hamil multigravida primi tua sekunder dengan hiperemesis gravidarum di Puskesmas Panceng Kabupaten Gresik. **Metode:** Penelitian menggunakan desain studi kasus (*case report*) dengan subjek Ny. I, G2P1A0 usia kehamilan 13–14 minggu yang mengalami hiperemesis gravidarum. Asuhan kebidanan dilaksanakan menggunakan pendekatan manajemen kebidanan melalui pengkajian data subjektif dan objektif, analisis, penatalaksanaan, serta evaluasi perkembangan pasien berdasarkan dokumentasi SOAP. **Hasil dan Pembahasan:** Setelah mendapatkan perawatan selama tiga hari melalui kolaborasi dengan tim medis berupa rehidrasi menggunakan cairan Ringer Laktat, pemberian ondansetron, ranitidin, vitamin B6, serta edukasi mengenai pola makan sedikit tetapi sering, kondisi pasien menunjukkan perbaikan. Frekuensi mual dan muntah menurun, nafsu makan meningkat, tanda dehidrasi teratasi, dan kondisi umum serta tanda-tanda vital kembali dalam batas normal. Hasil tersebut menunjukkan bahwa penatalaksanaan yang cepat, komprehensif, dan didukung kolaborasi tenaga kesehatan mampu memperbaiki kondisi ibu dengan hiperemesis gravidarum serta mencegah terjadinya komplikasi lebih lanjut pada kehamilan risiko tinggi. **Simpulan:** Asuhan kebidanan yang komprehensif dengan kolaborasi tenaga kesehatan mampu memperbaiki kondisi ibu dengan hiperemesis gravidarum serta berperan dalam mencegah komplikasi pada kehamilan risiko tinggi. Pemeriksaan antenatal secara rutin dan deteksi dini faktor risiko perlu terus ditingkatkan untuk mendukung keselamatan ibu dan janin.

Kata kunci: Primi Tua Sekunder, *Hiperemesis Gravidarum*

ABSTRACT

CASE REPORT ON PREGNANCY WITH SECONDARY ELDERLY PRIMIGRAVIDA MULTIGRAVIDA AND HYPEREMESIS GRAVIDARUM

Azarica Lady Andiani

P27824123024

*Sutomo DIII Midwifery Study Program, Department of Midwifery, Health
Polytechnic of Ministry of Health Surabaya*

Introduction: Pregnancy at the age of ≥ 35 years (secondary elderly primigravida) is classified as a high-risk pregnancy and is associated with various maternal complications, including hyperemesis gravidarum (HEG). This condition is characterized by persistent nausea and vomiting, which may lead to dehydration, electrolyte imbalance, nutritional deficiencies, and adverse fetal outcomes if not managed appropriately. This study aimed to describe midwifery care provided to a multigravida woman with secondary elderly primigravida and hyperemesis gravidarum at Panceng Public Health Center, Gresik Regency. **Methods:** This study employed a case report design involving Mrs. I (G2P1A0) at 13–14 weeks of gestation diagnosed with hyperemesis gravidarum. Midwifery care was conducted using the midwifery management approach, including subjective and objective assessment, diagnosis, intervention, implementation, and evaluation documented using the SOAP method. **Results and Discussion:** Following three days of treatment through collaboration with the healthcare team, including intravenous rehydration with Ringer Lactate, administration of ondansetron, ranitidine, vitamin B6, and dietary education emphasizing small, frequent meals, the patient's condition improved. The frequency of nausea and vomiting decreased, appetite increased, signs of dehydration resolved, and general condition as well as vital signs returned to normal limits. These findings indicate that prompt and comprehensive management supported by multidisciplinary collaboration can improve maternal outcomes and prevent further complications in high-risk pregnancies complicated by hyperemesis gravidarum. **Conclusion and Suggestions:** Comprehensive midwifery care supported by multidisciplinary collaboration successfully improved the condition of a pregnant woman with hyperemesis gravidarum and contributed to preventing complications associated with high-risk pregnancy. Routine antenatal care and early identification of risk factors are essential to optimize maternal and fetal health outcomes.

Keywords: *Secondary Elderly Primigravida, Hyperemesis Gravidarum.*