

ABSTRAK

Nirmala Mega Sari

LAPORAN KASUS PADA KEHAMILAN G2P1A0 UK 21 MG DENGAN PREEKLAMPSIA, OBESITAS, DAN RIWAYAT BSC 8 TAHUN DI PUSKESMAS KUPANG KABUPATEN MOJOKERTO

cxix+ 119 halaman + 2 tabel + 6 lampiran

Pendahuluan: Preeklampsia menyumbang 33,07% kematian ibu di Indonesia dan risikonya meningkat signifikan pada ibu dengan obesitas dan riwayat Bekas Seksio Sesarea (BSC). Laporan kasus ini bertujuan mendeskripsikan pengkajian, analisis, dan penatalaksanaan asuhan kebidanan pada kehamilan dengan preeklampsia, obesitas, dan BSC. **Metode:** Metode yang digunakan adalah *case report* deskriptif dengan subjek tunggal Ny. Y (G2P1A0 UK 21 minggu), dilaksanakan pada 06 April hingga 23 Mei 2026 di Puskesmas Kupang Kabupaten Mojokerto. Subjek didiagnosis preeklampsia dengan temuan proteinuria (+1), edema ekstremitas bawah, kenaikan berat badan 5,1 kg dalam delapan hari, obesitas kelas III (IMT 44,6 kg/m²), riwayat BSC 8 tahun, dan anemia ringan (Hb 9,2 g/dL). Penatalaksanaan meliputi edukasi tanda bahaya kehamilan, manajemen nutrisi diet rendah garam dan karbohidrat, pemberian terapi Nifedipin, MMS, dan Kalk, kolaborasi dengan dokter SpOG, serta perencanaan rujukan ke RSUD PONEK. **Hasil dan Pembahasan:** Hasil evaluasi pada kunjungan rumah tanggal 20 Mei 2026 menunjukkan kondisi ibu stabil, ibu memahami seluruh edukasi, dan bersedia menjalankan anjuran asuhan secara disiplin. Asuhan kebidanan yang komprehensif melalui deteksi dini, kolaborasi multidisiplin, dan edukasi berkelanjutan terbukti efektif dalam mencegah perburukan kondisi. **Kesimpulan:** Deteksi dini proteinuria, pemantauan kenaikan berat badan, dan kolaborasi multidisiplin merupakan kunci keberhasilan penatalaksanaan kasus preeklampsia dengan komplikasi ganda obesitas dan BSC pada kehamilan risiko tinggi.

Kata kunci : preeklampsia, obesitas, bekas seksio sesarea, asuhan kebidanan.

ABSTRACT

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CASE REPORT ON A G2P1A0 PREGNANCY AT 21 WEEKS' GESTATION WITH PRE-ECLAMPSIA, OBESITY, AND AN 8-YEAR HISTORY OF BSC AT THE KUPANG COMMUNITY HEALTH CENTRE, MOJOKERTO REGENCY

cxix + 119 page + 2 table + 6 appendices

Introduction: Preeclampsia accounts for 33.07% of maternal mortality in Indonesia, with significantly elevated risk among women with obesity and a history of cesarean section (CS). This case report aimed to describe the assessment, analysis, and management of midwifery care in a pregnancy complicated by preeclampsia, obesity, and prior CS. **Method:** A descriptive case report method was used with a single subject, Mrs. Y (G2P1A0, 21 weeks gestation), conducted from April 16 to May 23, 2026, at Kupang Primary Health Center, Mojokerto Regency. The subject was diagnosed with preeclampsia based on proteinuria (+1), lower extremity edema, a 5.1 kg weight gain within eight days, class III obesity (BMI 44.6 kg/m²), a history of CS 8 years prior, and mild anemia (Hb 9.2 g/dL). Management included danger sign education, low-salt and low-carbohydrate dietary counseling, pharmacological therapy (Nifedipine, MMS, calcium supplementation), collaboration with an obstetrician-gynecologist, and planned referral to a comprehensive emergency obstetric care hospital. **Results and Discussion:** Evaluation during a home visit on May 20, 2026 showed stable maternal condition, with the client demonstrating full comprehension of all education and commitment to follow care recommendations. Comprehensive midwifery care through early detection, multidisciplinary collaboration, and ongoing education proved effective in preventing clinical deterioration. **Conclusion:** Early detection of proteinuria, weight gain monitoring, and multidisciplinary collaboration are the keys to successful management of preeclampsia cases with multiple complications of obesity and prior CS in high-risk pregnancy.

Keyword : preeclampsia, obesity, previous cesarean section, midwifery care.