

ABSTRAK

LAPORAN KASUS PADA IBU HAMIL G2P1A0 DENGAN KEKURANGAN ENERGI KRONIS (KEK) DISERTAI HIPERTIROID DI PUSKESMAS DUDUK SAMPEYAN

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Pendahuluan : Kasus KEK disertai hipertiroid merupakan kondisi yang sangat jarang ditemukan, tetapi memiliki potensi risiko tinggi terhadap kesehatan ibu dan janin sehingga penting untuk dikaji lebih lanjut. Tujuan studi kasus ini adalah memberikan asuhan kebidanan pada ibu hamil dengan KEK disertai hipertiroid menggunakan Manajemen Kebidanan Varney.

Metode : Studi kasus deskriptif pada Ny. “L”, usia 34 tahun, G2P1A0 usia kehamilan 33 minggu dengan KEK disertai hipertiroid di Puskesmas Duduk Sampeyan. Asuhan dilakukan berdasarkan tujuh langkah Manajemen Kebidanan Varney melalui wawancara, observasi, pemeriksaan fisik, dan pemeriksaan penunjang.

Hasil Penelitian dan Pembahasan : Ibu mengeluh mudah lelah, dengan IMT 16 kg/m², LILA 23 cm, terdapat pembesaran kelenjar tiroid, dan hasil FT4 1,44 ng/dL. Asuhan yang diberikan meliputi edukasi nutrisi, konsumsi makanan tinggi kalori dan protein, pemberian tablet Fe dan vitamin, pemantauan kondisi ibu dan janin, serta kolaborasi dengan dokter. Hasil evaluasi menunjukkan kondisi ibu dan janin baik, keluhan berkurang, dan tidak ditemukan komplikasi selama masa pengamatan.

Kesimpulan : Asuhan kebidanan yang komprehensif melalui penerapan Manajemen Kebidanan Varney dapat membantu mempertahankan kondisi ibu dan janin tetap baik pada kehamilan dengan KEK disertai hipertiroid.

Kata Kunci: Kekurangan Energi Kronis, Hipertiroid, Kehamilan, Asuhan Kebidanan

ABSTRACT

CASE REPORT OF A PREGNANT WOMAN G2P1A0 WITH CHRONIC ENERGY DEFICIENCY (CED) COMPLICATED BY HYPERTHYROIDISM AT DUDUK SAMPEYAN COMMUNITY HEALTH CENTER

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Introduction : The coexistence of chronic energy deficiency (CED) and hyperthyroidism during pregnancy is a rare condition; however, it carries significant risks for both maternal and fetal outcomes and therefore warrants further investigation. This case study aimed to provide midwifery care for a pregnant woman with CED and hyperthyroidism using Varney's Midwifery Management approach.

Method : This study employed a descriptive case study design involving Mrs. "L", a 34-year-old G2P1A0 woman at 33 weeks of gestation diagnosed with CED and hyperthyroidism at Duduk Sampeyan Community Health Center. Midwifery care was provided based on the seven steps of Varney's Midwifery Management through interviews, observations, physical examinations, and supporting examinations.

Results and discussion ; The assessment revealed that the client complained of fatigue during daily activities, with a Body Mass Index (BMI) of 16 kg/m², Mid-Upper Arm Circumference (MUAC) of 23 cm, thyroid gland enlargement, and an FT4 level of 1.44 ng/dL. The care provided included nutritional counseling, recommendations for a high-calorie and high-protein diet, iron and vitamin supplementation, monitoring of maternal and fetal conditions, and collaboration with a physician. Evaluation results showed that both maternal and fetal conditions remained stable, the client's fatigue decreased, and no complications were identified during the observation period.

Conclusion : comprehensive midwifery care through the implementation of Varney's Midwifery Management helped maintain maternal and fetal well-being in a pregnancy complicated by CED and hyperthyroidism.

Keywords: Chronic Energy Deficiency, Hyperthyroidism, Pregnancy, Midwifery Care.