

## ABSTRAK

### Laporan Kasus Pada Ibu Hamil Dengan Mioma Uteri Dan Obesitas Grade 1

*Inafatin Wisty*

*Prodi D III Kebidanan Sutomo Jurusan Kebidanan  
Politeknik Kesehatan Kementrian Kesehatan Surabaya*

**Pendahuluan** Kehamilan dengan mioma uteri dan obesitas grade 1 merupakan kondisi berisiko tinggi yang dapat meningkatkan kejadian komplikasi maternal maupun fetal, seperti nyeri abdomen, persalinan prematur, preeklamsia, gangguan pertumbuhan janin, dan persalinan seksio sesarea. Tujuan penelitian ini adalah menggambarkan asuhan kebidanan pada ibu hamil dengan mioma uteri dan obesitas grade 1 sesuai standar pelayanan antenatal care (ANC) di Puskesmas Kebomas Kabupaten Gresik.

**Metode** menggunakan desain deskriptif dengan pendekatan case report pada satu ibu hamil G3P2A0 usia kehamilan 11 minggu yang mengalami mioma uteri dan obesitas grade 1. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, pemeriksaan penunjang, serta dokumentasi menggunakan pendekatan SOAP (Subjective, Objective, Assessment, Planning).

**Hasil penelitian dan Pembahasan** menunjukkan bahwa ibu mengalami kecemasan terhadap kondisi kehamilannya. Pemeriksaan objektif menunjukkan kondisi umum dan hasil ANC dalam batas normal, namun konfirmasi diagnosis mioma uteri memerlukan pemeriksaan USG di fasilitas rujukan karena keterbatasan sarana di Puskesmas, serta ditemukan obesitas grade 1 yang memerlukan pemantauan berkala untuk mencegah komplikasi kehamilan. Penatalaksanaan meliputi pemberian komunikasi, informasi, dan edukasi (KIE), manajemen nutrisi, aktivitas fisik yang aman, dukungan psikologis, serta rujukan untuk pemeriksaan lanjutan. Asuhan yang diberikan mampu meningkatkan pemahaman ibu mengenai kondisi kehamilan dan pentingnya pemantauan secara berkala.

**Kesimpulan** Asuhan kebidanan pada ibu hamil dengan mioma uteri dan obesitas grade 1 telah dilaksanakan sesuai standar ANC. Menunjukkan peningkatan pemahaman ibu tentang kondisi kehamilan, kepatuhan terhadap edukasi nutrisi dan aktivitas fisik yang diberikan. Pemantauan berkelanjutan diperlukan untuk mencegah komplikasi bagi ibu dan janin.

**Kata Kunci:** Mioma Uteri, Obesitas Grade 1, Kehamilan Risiko Tinggi, Asuhan Kebidanan, Antenatal Care (ANC)

## **ABSTRACT**

### ***Case Report on Pregnant Women with Uterinal Myoma and Grade 1 Obesity***

*Inafatin Wisty*

*Study Program D III Obstetrics Sutomo*

*Department of Obstetrics Health Polytechnic Ministry of Health Surabaya*

*Introduction* Pregnancy with uterine myoma and grade 1 obesity is a high-risk condition that can increase the incidence of maternal and fetal complications, such as abdominal pain, premature labor, preeclampsia, fetal growth disorders, and cesarean delivery. The purpose of this study is to describe obstetric care for pregnant women with uterine myoma and grade 1 obesity according to the antenatal care (ANC) service standards at the Kebomas Health Center of Gresik Regency.

*The method* uses descriptive design with a case report approach on a pregnant woman G3P2A0 who is 11 weeks pregnant who has uterine myoma and grade 1 obesity. Data collection is carried out through interviews, observations, physical examinations, supporting examinations, and documentation using the SOAP (Subjective, Objective, Assessment, Planning) approach.

*The results of the study and the discussion* showed that the mother experienced anxiety about her pregnancy condition. The objective examination showed that the general condition and the ANC results were within normal limits, but the confirmation of the diagnosis of uterine myoma required an ultrasound examination at a referral facility due to limited facilities at the Health Center, and was found to be grade 1 obesity that required periodic monitoring to prevent pregnancy complications. Management includes the provision of communication, information, and education (KIE), nutrition management, safe physical activity, psychological support, and referrals for follow-up examination. The care given is able to increase the mother's understanding of the condition of pregnancy and the importance of periodic monitoring.

*Conclusion* Obstetric care for pregnant women with uterine myoma and grade 1 obesity has been implemented according to ANC standards. Shows increased mother's understanding of pregnancy conditions, compliance with nutrition education and physical activity provided. Continuous monitoring is needed to prevent complications for the mother and fetus.

**Keywords:** *Uterinal Myoma, Grade 1 Obesity, High Risk Pregnancy, Obstetric care, Antenatal Care (ANC)*