

ABSTRAK

Laporan Kasus Pada Ibu Hamil Resiko Tinggi dengan Jarak Kehamilan Terlalu Dekat dan Riwayat Sectio Caesarea di Puskesmas Alun-Alun Wilayah Kabupaten Gresik

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Pendahuluan: Jarak kehamilan yang terlalu dekat pada ibu dengan riwayat sectio caesarea merupakan salah satu faktor risiko yang dapat meningkatkan komplikasi maternal dan perinatal, sehingga diperlukan asuhan kebidanan yang komprehensif untuk mendeteksi dini komplikasi serta menjaga kesehatan ibu dan janin. Laporan kasus ini bertujuan mendeskripsikan asuhan kebidanan pada ibu hamil risiko tinggi dengan jarak kehamilan terlalu dekat dan riwayat sectio caesarea di Puskesmas Alun-Alun Kabupaten Gresik.

Metode: Laporan ini menggunakan metode studi kasus dengan pendekatan manajemen asuhan kebidanan dan pendokumentasian SOAP. Subjek kasus adalah Ny. F usia 31 tahun, G3P2A0, usia kehamilan 28–29 minggu, dengan jarak kehamilan kurang dari dua tahun dan riwayat dua kali sectio caesarea. **Hasil dan Pembahasan:** Hasil pengkajian menunjukkan kondisi umum ibu baik, tanda vital dalam batas normal, IMT 20,95 kg/m², Mean Arterial Pressure (MAP) 83,3 mmHg, dan Roll Over Test (ROT) negatif, keluhan ibu merasa lemas dan kurang tidur. Asuhan kebidanan meliputi pemantauan kesehatan ibu dan janin, edukasi mengenai risiko kehamilan, pemenuhan nutrisi, pemberian tablet tambah darah, edukasi tanda bahaya kehamilan, perencanaan persalinan di fasilitas kesehatan rujukan, serta kolaborasi dengan dokter spesialis obstetri dan ginekologi. Selama pemantauan, kondisi ibu dan janin tetap baik serta ibu mampu memahami dan menerapkan anjuran yang diberikan. **Simpulan:** Asuhan kebidanan yang komprehensif, disertai deteksi dini faktor risiko dan perencanaan persalinan yang tepat, berperan dalam mempertahankan kondisi ibu dan janin tetap optimal pada kehamilan risiko tinggi dengan jarak kehamilan terlalu dekat dan riwayat sectio caesarea.

Kata Kunci: Kehamilan; Risiko; Caesarea; Jarak; Kebidanan.

ABSTRACT

Case Report on a High-Risk Pregnancy with a Short Interpregnancy Interval and a History of Caesarean Section at Alun-Alun Community Health Center, Gresik Regency

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Introduction: A short interpregnancy interval in women with a history of caesarean section is one of the risk factors that may increase maternal and perinatal complications. Therefore, comprehensive midwifery care is essential to facilitate early detection of complications and maintain the health of both the mother and fetus. This case report aimed to describe the midwifery care provided to a high-risk pregnant woman with a short interpregnancy interval and a history of caesarean section at Alun-Alun Community Health Center, Gresik Regency.

Methods: This report employed a case study design using a midwifery care management approach with SOAP documentation. The subject was Mrs. F, a 31-year-old woman, gravida 3 para 2 abortus 0 (G3P2A0), at 28–29 weeks of gestation, with an interpregnancy interval of less than two years and a history of two previous caesarean sections. **Results and Discussion:** The assessment showed that the mother was in good general condition, with normal vital signs, a body mass index (BMI) of 20.95 kg/m², a mean arterial pressure (MAP) of 83.3 mmHg, and a negative Roll Over Test (ROT). Midwifery care included routine monitoring of maternal and fetal well-being, education regarding the risks associated with a short interpregnancy interval, nutritional counseling, iron supplementation, education on pregnancy danger signs, birth planning at a referral health facility, and collaboration with an obstetrician and gynecologist. During the follow-up period, both the mother and fetus remained in good condition, and the mother demonstrated a good understanding of and adherence to the recommendations provided. **Conclusion:** Comprehensive midwifery care, supported by early identification of risk factors and appropriate birth planning, plays an important role in maintaining optimal maternal and fetal health in high-risk pregnancies associated with a short interpregnancy interval and a history of caesarean section.

Keywords: *Pregnancy; Risk; Caesarean; Interval; Midwifery.*