

ABSTRAK

Dinda Kadziyah (2026). Asuhan Keperawatan Pada Ibu Hamil Hiperemesis Gravidarum Trimester I Dengan Masalah Keperawatan Nausea di Wilayah Kerja Klinik Bidan Rosita Kota Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing I Ns. Melly, SST., S.Kep., M.Kes dan Pembimbing II Hernitati, S.Pd., S.Kep., M.K.M.

Latar Belakang : Hiperemesis gravidarum merupakan kondisi mual dan muntah berlebihan pada kehamilan yang dapat mengganggu keseimbangan cairan, nutrisi, dan aktivitas ibu hamil. Salah satu masalah keperawatan yang sering muncul adalah nausea.

Tujuan : Menerapkan asuhan keperawatan pada ibu hamil trimester I dengan hiperemesis gravidarum yang mengalami nausea di Wilayah Kerja Klinik Bidan Rosita Kota Pekanbaru.

Metode : Studi kasus deskriptif dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Subjek penelitian adalah seorang ibu hamil usia 26 tahun dengan usia kehamilan 7–8 minggu. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi selama tiga hari. **Hasil** : Klien mengeluh mual sekitar 7 kali sehari, muntah, tidak nafsu makan, lemas, pusing, dan gangguan tidur. Diagnosis keperawatan yang ditegakkan adalah nausea berhubungan dengan kehamilan. Intervensi yang diberikan berupa manajemen mual, edukasi pola makan, istirahat cukup, dan terapi nonfarmakologis. Setelah tiga hari, frekuensi mual menurun, nafsu makan meningkat, dan kondisi klien membaik.

Kesimpulan : Manajemen mual efektif mengurangi keluhan nausea pada ibu hamil trimester I dengan hiperemesis gravidarum.

Saran : Tenaga kesehatan perlu meningkatkan edukasi, pemantauan, dan keterlibatan keluarga dalam perawatan ibu hamil.

Kata Kunci : Asuhan Keperawatan, Hiperemesis Gravidarum, Ibu Hamil Trimester I, Nausea.

ABSTRAK

Dinda Kadziyah (2026). Description of Nursing Care for First Trimester Pregnant Women with Hyperemesis Gravidarum and Nursing Problem of Nausea in the Working Area of Rosita Midwife Clinic, Pekanbaru City. Scientific Paper, Diploma III Nursing Study Program, Politeknik Kesehatan Kementerian Kesehatan Riau. First Advisor: Mrs. Ns. Melly, SST., S.Kep., M.Kes. Second Advisor: Mrs. Hernitati, S.Pd., S.Kep., M.K.M.

Background : Hyperemesis gravidarum is a condition characterized by excessive nausea and vomiting during pregnancy, which can cause disturbances in fluid balance, nutrition, and daily activities. One of the most common nursing problems associated with this condition is nausea, which decreases the comfort of pregnant women during the first trimester. **Objective** : To implement nursing care for a first-trimester pregnant woman with hyperemesis gravidarum who experienced the nursing problem of nausea in the working area of Rosita Midwife Clinic, Pekanbaru. **Methods** : This study used a descriptive case study design with a nursing process approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation. The subject was a 26-year-old pregnant woman at 7–8 weeks of gestation who experienced hyperemesis gravidarum. Data were collected through interviews, observation, physical examination, and documentation over a three-day period. **Results** : The client complained of nausea approximately seven times a day, vomiting, loss of appetite, weakness, dizziness, and sleep disturbances. The nursing diagnosis established was nausea related to pregnancy. Interventions included nausea management, education on eating small and frequent meals, adequate rest, and non-pharmacological therapy. After three days of nursing care, the frequency of nausea decreased, appetite improved, and the client's condition showed improvement. **Conclusion** : The implementation of nausea management was effective in reducing nausea complaints in a first-trimester pregnant woman with hyperemesis gravidarum. **Suggestion** : Healthcare providers are expected to improve education and monitoring and involve family members in supporting the nutritional needs and comfort of pregnant women during pregnancy.

Keywords : First Trimester Pregnant Women, Hyperemesis Gravidarum, Nausea, Nursing Care.