

ABSTRAK

Puan Rahmadani Hasianta (2026). Gambaran Asuhan Keperawatan Pada Ibu Hamil *Hiperemesis Gravidarum* dengan Masalah Keperawatan Defisit Nutrisi Di Klinik Bidan Dince Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Politeknik Kesehatan Kemenkes Riau, Jurusan Keperawatan. Pembimbing (I) Ns. Melly, SST., S.Kep., M.Kes, (II) Hermitati, S.Pd., S.Kep., M.K.M.

Latar Belakang: *Hiperemesis Gravidarum* merupakan kondisi mual muntah berlebihan pada ibu hamil yang dapat menyebabkan penurunan nafsu makan, dehidrasi, dan defisit nutrisi. **Tujuan:** Penelitian ini bertujuan menerapkan asuhan keperawatan pada ibu hamil dengan *Hiperemesis Gravidarum* dan masalah keperawatan defisit nutrisi. **Metode:** Penelitian ini menggunakan desain studi kasus deskriptif dengan pendekatan asuhan keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Data diperoleh melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi keperawatan selama empat hari. **Hasil:** Klien mengalami mual muntah lebih dari 10 kali sehari, nafsu makan menurun, tubuh lemah, dan penurunan berat badan. Setelah dilakukan tindakan keperawatan, kondisi klien menunjukkan peningkatan nafsu makan dan penurunan frekuensi mual muntah. **Kesimpulan:** Asuhan keperawatan yang terstruktur efektif membantu mengatasi masalah defisit nutrisi pada ibu hamil dengan *Hiperemesis Gravidarum*. **Saran:** Tenaga kesehatan dan keluarga diharapkan meningkatkan dukungan serta pemantauan status nutrisi ibu hamil.

Kata Kunci: Asuhan Keperawatan, Defisit Nutrisi, *Hiperemesis Gravidarum*, Ibu Hamil

ABSTRACT

Puan Rahmadani Hasianta (2026). Description of Nursing Care for Pregnant Women with *Hyperemesis Gravidarum* and Nursing Problem of Nutritional Deficit at Dince Midwifery Clinic Pekanbaru. Scientific Paper of Case Study, Diploma III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Advisors: (I) Ns. Melly, SST., S.Kep., M.Kes, (II) Hernitati, S.Pd., S.Kep., M.K.M.

Background: *Hyperemesis Gravidarum* is a condition of excessive nausea and vomiting in pregnant women that can cause nutritional deficits due to decreased appetite and inadequate food intake. **Objective:** This study aimed to implement nursing care for pregnant women with *Hyperemesis Gravidarum* and nutritional deficit problems. **Methods:** This study used a descriptive case study design with a nursing care approach including assessment, diagnosis, intervention, implementation, and evaluation in one pregnant woman. Data were collected through interviews, observation, physical examination, and nursing documentation for three days. **Results:** The client experienced nausea and vomiting more than 10 times a day, decreased appetite, weakness, and weight loss. After nursing interventions were implemented, the client's appetite improved and the frequency of nausea and vomiting decreased. **Conclusion:** Structured nursing care was effective in overcoming nutritional deficit problems in pregnant women with *Hyperemesis Gravidarum*. **Suggestion:** Health workers and families are expected to increase support and monitor the nutritional status of pregnant women.

Keywords: *Hyperemesis Gravidarum*, Nursing Care, Nutritional Deficit, Pregnant Women