

ASUHAN KEPERAWATAN PADA NY. A DENGAN EMESIS GRAVIDARUM PADA TRIMESTER I DI WILAYAH KP. PULO KAMBING, JAKARTA TIMUR

Sekar Ayu Rembulan

Abstrak

Latar belakang: Emesis gravidarum merupakan keadaan mual dan muntah secara berlebihan, yang biasa dijumpai pada kehamilan trimester I yang bisa mengakibatkan gangguan pada keseharian, dapat mengganggu rasa nyaman dan gangguan pada janin. Pada tahun 2019 jumlah kejadian emesis gravidarum mencapai 12,5%, dari seluruh dunia. Angka ibu hamil dengan kasus emesis gravidarum di wilayah Indonesia yakni selama tahun 2019, dari 2.203 angka kehamilan ibu, didapati sebanyak 543 ibu hamil yang mengalami emesis gravidarum. **Tujuan:** Penelitian ini bertujuan untuk memberikan asuhan keperawatan pada ibu hamil dengan emesis gravidarum di wilayah Kp. Pulo Kambing, Jakarta Timur. **Metode:** Penelitian ini didesain menggunakan metode studi kasus dalam mengimplementasikan asuhan keperawatan pada Ny. A dengan emesis gravidarum Tingkat sedang pada kehamilan Trimester I. Pengumpulan data dilakukan dengan cara mewawancarai, observasi dan pemeriksaan fisik. **Hasil:** penelitian ini mendapatkan hasil bahwa asuhan keperawatan yang diberikan kepada Ny. A sudah berhasil mencapai tujuan dan kriteria hasil seperti kebutuhan cairan membaik, berat badan bertambah, mual dan muntah menurun, serta wawasan mengenai emesis gravidarum bertambah yang sudah teratasi selama tiga hari. **Kesimpulan:** Hipovolemia meliputi pemantauan output dan input cairan, defisit nutrisi direncanakan mengkonsumsi buah dan sayur, gangguan rasa nyaman meliputi mengkaji nilai PUQE dan defisit pengetahuan direncanakan memberikan edukasi mengenai emesis gravidarum.

Kata Kunci : Asuhan Keperawatan, Emesis Gravidarum, Kehamilan.

**NURSING CARE : IN NY. A WITH EMESIS GRAVIDARUM IN
THE 1ST TRIMESTER OF PREGNANCY IN THE KP. PULO
KAMBING, EAST JAKARTA**

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Abstract

Background: *Emesis gravidarum is a condition of excessive nausea and vomiting, which is usually found in the first trimester of pregnancy, which can cause disruption to daily life, can disturb the feeling of comfort and disturb the fetus. In 2019 the number of cases of emesis gravidarum reached 12.5% worldwide. The number of pregnant women with cases of emesis gravidarum in Indonesia, namely during 2019, out of 2,203 maternal pregnancies, it was found that 543 pregnant women experienced emesis gravidarum.* **Purpose:** *This study aims to provide nursing care to pregnant women with emesis gravidarum in the Kp area. Pulo Kambing, East Jakarta.* **Method:** *This research was designed using the case study method in implementing nursing care for Mrs. A with moderate level emesis gravidarum in the first trimester of pregnancy. Data collection was carried out by interviewing, observing and physical examination.* **Result:** *This research found that the nursing care given to Mrs. A has succeeded in achieving the goals and outcome criteria such as improved fluid needs, increased weight, reduced nausea and vomiting, as well as increased insight into emesis gravidarum which has resolved within three days.* **Conclusion:** *Hypovolemia includes monitoring fluid output and input, nutritional deficits are planned to consume fruit and vegetables, disturbances in comfort include reviewing PUQE scores and knowledge deficits are planned to provide education about emesis gravidarum.*

Keywords : *Nursing Care, Emesis Gravidarum, Pregnancy*