

ANALISIS ASUHAN KEPERAWATAN PADA IBU HAMIL PREEKLAMPSIA DENGAN INTERVENSI TERAPI *MINDFULNESS BASED BREATHING EXERCISE* (MBBE) DI RSPAD GATOT SOEBROTO

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Abstrak

Preeklampsia adalah komplikasi kehamilan yang serius, ditandai dengan hipertensi dan proteinuria setelah usia kehamilan 20 minggu, serta menjadi salah satu penyebab utama morbiditas dan mortalitas ibu di Indonesia. Menurut WHO (2021), gangguan hipertensi pada kehamilan menyumbang sekitar 14% dari total kematian ibu di dunia. Kondisi ini tidak hanya memengaruhi kesehatan fisik ibu, tetapi juga berdampak pada kesejahteraan psikologis dan perkembangan janin. Penelitian ini bertujuan untuk menganalisis asuhan keperawatan pada ibu hamil dengan preeklampsia melalui penerapan intervensi *Mindfulness Based Breathing Exercise* (MBBE) sebagai terapi non-farmakologis untuk membantu menurunkan tekanan darah serta kenyamanan fisik dan emosional. Desain penelitian menggunakan studi kasus pada dua ibu hamil dengan preeklampsia berat yang menjalani asuhan keperawatan di RSPAD Gatot Soebroto. Intervensi MBBE dilakukan sesuai protokol *Evidence Based Nursing* dalam beberapa sesi dengan tahapan orientasi, pelaksanaan (meliputi *body attunement*, penghitungan napas masuk dan keluar serta *free attention*), dan terminasi. Hasil evaluasi menunjukkan stabilisasi tanda vital berupa penurunan tekanan darah, frekuensi nadi, frekuensi napas, peningkatan saturasi oksigen, penurunan suhu, penurunan denyut jantung janin dan peningkatan gerakan janin. Selain itu, pasien melaporkan merasa lebih rileks. Dengan demikian, MBBE dapat menjadi pendekatan keperawatan mandiri yang efektif dan aman dalam mendukung penatalaksanaan preeklampsia serta berpotensi diterapkan secara luas dalam pelayanan keperawatan maternal.

Kata Kunci : Ibu Hamil, *Mindfulness Based Breathing Exercise* (MBBE), Preeklampsia.

***ANALYSIS OF NURSING CARE FOR PREECLAMPSIA
PREGNANT WOMEN WITH MINDFULNESS BASED
BREATHING EXERCISE (MBBE) INTERVENTION AT GATOT
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Abstract

Preeclampsia is a serious complication of pregnancy, characterised by hypertension and proteinuria after 20 weeks of gestation, and is one of the leading causes of maternal morbidity and mortality in Indonesia. According to the WHO (2021), hypertensive disorders in pregnancy account for approximately 14% of total maternal deaths worldwide. This condition not only affects the physical health of the mother, but also has an impact on psychological well-being and foetal development. This study aims to analyse nursing care for pregnant women with preeclampsia through the application of Mindfulness Based Breathing Exercise (MBBE) intervention as a non-pharmacological therapy to help lower blood pressure and improve physical and emotional comfort. The research design used a case study of two pregnant women with severe preeclampsia who underwent nursing care at the Gatot Soebroto Army Hospital. The MBBE intervention was carried out according to the Evidence Based Nursing protocol in several sessions with orientation, implementation (including body attunement, counting in and out breaths, and free attention), and termination stages. The evaluation results showed stabilisation of vital signs in the form of a decrease in blood pressure, pulse rate, respiratory rate, an increase in oxygen saturation, a decrease in temperature, a decrease in foetal heart rate, and an increase in foetal movement. In addition, patients reported feeling more relaxed. Thus, MBBE can be an effective and safe independent nursing approach in supporting the management of pre-eclampsia and has the potential to be widely applied in maternal nursing services.

***Keyword : Mindfulness Based Breathing Exercise (MBBE), Preeclampsia,
Pregnant Women.***