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Manajemen Mual dan muntah Pada Primigravida Dengan *Hiperemesis Gravidarum* Di RSUD dr. Gunawan Mangunkusumo

ABSTRAK

Latar Belakang: kehamilan merupakan hasil pertemuan antara sel telur dan spermatozoa (konsepsi) yang akan diikuti dengan perubahan pada fisiologis dan psikologis. Masa kehamilan terdapat beberapa masalah-masalah yang bisa terjadi, salah satunya gejala mual-muntah yang sering kali dialami pada ibu hamil yang juga merupakan salah satu gejala di awal kehamilan. Gejala mual dan muntah berlebihan yang dialami oleh ibu hamil disebut dengan *hiperemesis gravidarum* (HEG). Pada masa kehamilan nutrisi itu sangat penting, gangguan nutrisi termasuk dalam periode yang menentukan kualitas tumbuh kembang anak yang akan dilahirkan dimana dalam masa kehamilan sangat menentukan keadaan janin dalam kandungan ibu. **Tujuan:** Memberikan gambaran Manajemen Mual dan muntah Pada Primigravida Dengan *Hiperemesis Gravidarum*. **Metode:** Jenis penelitian ini adalah deskriptif bentuk studi kasus dengan pendekatan asuhan keperawatan. Pendekatan asuhan Keperawatan meliputi pengkajian, diagnosis keperawatan, intervensi dan evaluasi. **Hasil:** Setelah dilakukan pengelolaan selama 3 hari masalah Manajemen Mual dan muntah Pada Primigravida Dengan *Hiperemesis Gravidarum* teratasi sebagian. Intervensi selanjutnya edukasi diit makan sedikit tapi sering dan dalam keadaan hangat. **Simpulan:** Diharapkan ibu hamil primigravida yang mengalami *hiperemesis gravidarum* dapat *manage* nutrisi dengan cara makan sedikit tapi sering, menyajikan makanan dalam keadaan hangat, menjauhi hal-hal yang merangsang perasaan mual dan muntah.

Kata kunci : kehamilan, mual dan muntah, *hiperemesis gravidarum*, nutrisi

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Management of *Nausea* and Vomiting in Primigravida with Hyperemesis Gravidarum at RSUD dr. Gunawan Mangunkusumo

ABSTRACT

Background: pregnancy is the result of a fertilisasi between the egg and the spermatozoa (conception) which will be followed by physiological and psychological changes. During pregnancy, there are several problems that can occur, one of which is the symptoms of nausea that is often experienced in pregnant women which is also one of the symptoms in early pregnancy. The symptoms of nausea and excessive vomiting experienced by pregnant women are called hyperemesis gravidarum (HEG). During pregnancy, nutrition is very important, nutritional disorders are included in the period that determines the quality of growth and development of the fetus to be born where during pregnancy determines the state of the fetus in the mother's womb. Objective: Provide an overview of Nausea and Vomiting Management in Primigravida With Hyperemesis Gravidarum. Method: This type of research is a descriptive form of case study with a nursing care approach. Nursing care approaches include assessment, nursing diagnosis, intervention and evaluation. Results: After 3 days of management, the problem of Nausea and vomiting management in Primigravida with Hyperemesis Gravidarum was partially resolved. The next intervention is educational to eat little but often and in a warm state. Conclusion: It is hoped that primigravida pregnant women who experience hyperemesis gravidarum can manage nutrients by eating little but often, serving food in a warm state, staying away from things that stimulate feelings of nausea and vomiting.

Keywords: pregnancy, *nausea*, vomiting, hyperemesis gravidarum, nutrition