

## Midwifery Care For Mrs. R With Emesis Gravidarum at Padangarsi Community Health Center

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**Abstract.** *Emesis gravidarum is a natural symptom and often appears in the first trimester of pregnancy. Nausea usually occurs in the morning, but can also occur at any time and evening starting in the first trimester. If not addressed, it will have an impact on hyperemesis gravidarum. Emesis gravidarum can be overcome with non-pharmacological therapy, namely the administration of wedang ginger which can reduce nausea and vomiting in the first trimester of pregnant women. The purpose of this study was to determine the effectiveness of the application of ginger steeping to reduce grade 1 emesis gravidarum in first trimester pregnant women. The method used in this research is descriptive research using case studies. The research was conducted at Padangarsi Health Center on November 20 - November 23, 2024, the research sample was NyR G5P2A2, age 37 years, gestational age 6 weeks with grade 1 emesis gravidarum. The tools used are questionnaires for data collection and observation sheets. Getting results after consuming ginger eduhan for 3 days, the mother's nausea and vomiting is reduced. It can be concluded that giving ginger juice is effective in reducing emesis gravidarum in first trimester pregnant women.*

**Keywords:** *Pregnancy 1st Trimester, Emesis Gravidarum, Ginger Steeping*

**Abstract.** *Emesis gravidarum is a common symptom and often occurs in the first trimester of pregnancy. Nausea usually occurs in the morning, but can also occur at any time and at night starting in the first trimester. If not treated, it will result in hyperemesis gravidarum. Emesis gravidarum can be treated with non-pharmacological therapy, namely giving ginger tea which can reduce nausea and vomiting in pregnant women in the first trimester. The purpose of this study was to determine the effectiveness of applying ginger tea to reduce grade 1 emesis gravidarum in pregnant women in the first trimester. The method used in this study is research using case studies. The study was conducted at the Padangarsi Health Center on November 20 - November 23, 2024, the research sample was NyR G5P2A2, 37 years old, 6 weeks of gestation with grade 1 emesis gravidarum. The instruments used were a questionnaire for data collection and an observation sheet. Getting results after consuming ginger tea for 3 days, the mother's nausea and vomiting decreased. It can be concluded that giving ginger tea is effective in reducing emphysema gravidarum in pregnant women in the first trimester.*

**Keywords:** *Pregnancy 1st Trimester, Emesis Gravidarum, Ginger Tea*

## INTRODUCTION

Pregnancy is a natural and physiological process, pregnancy occurs due to the union of spermatozoa and ovum followed by the process of nidation or implantation.(Ananda et al., 2022). Normal pregnancy lasts for 40 weeks or 10 months or 9 months. Pregnancy is the meeting of the egg and sperm in the uterus and ends with the baby and placenta coming out through the birth canal. Pregnancy is divided into 3 trimesters: trimester I starts from the beginning of conception to 3 months (0-12 weeks), trimester II starts from the fourth month to the sixth month (13-28 weeks), and trimester III starts from the seventh month to the ninth month (29-42 weeks)(Sari et al., 2022). Pregnant women will experience a process of adjustment according to their trimester. The first trimester describes a trimester that can bring many responses to pregnant women.

The most common and frequent symptom in early pregnancy is emesis gravidarum or often known as nausea and vomiting in early pregnancy. This symptom is also the most stressful for pregnant women who experience it. Nausea and vomiting during pregnancy are usually caused by changes in the endocrine system that occur during pregnancy, especially due to high fluctuations in HCG (Human Chorionic Gonadotrophin) levels.(Melinda et al., 2022). Nausea usually begins in the first week of pregnancy and ends in the fourth month, but about 12% of pregnant women still experience it up to

9 months. Nausea and vomiting in pregnant women have a significant impact, in this condition the mother's body becomes very weak, the face becomes pale, and the frequency of urination decreases drastically which causes body fluids to decrease and blood to thicken.(Artamevia & Soimah, 2023).

According to the World Health Organization (WHO), the number of hyperemesis gravidarum cases reaches 12.5% of all pregnancies in the world. The number of hyperemesis gravidarum cases has spread worldwide with varying incidence rates ranging from the United States where the prevalence rate reaches 2%, Turkey 1.9%, California 0.5%, Sweden 0.9% of all pregnancies, the number of hyperemesis gravidarum cases continues to increase to reach 15%.(Hendriani & Sugiharti, 2024). Cases of nausea and vomiting in Indonesia are 50-90% experienced by pregnant women. Complaints of nausea and vomiting in the first trimester range from 50%-75%. In Indonesia, data obtained from mothers with hyperemesis gravidarum reached 14.8% of all pregnancies. Nausea and vomiting begin around the sixth week of pregnancy and usually decrease drastically at the end of the first trimester (around the 13th week).(Ministry of Health, 2021). Cases of nausea and vomiting in Central Java Province in 2019 were 81% and in 2020 increased to 88% of pregnant women. According to 2020 data, cases of nausea accompanied by vomiting in the first pregnancy were 60%-80% and 40%-60% in the second pregnancy and so on.(Yanti & Arianti, 2023)at the Padangsari Health Center in 2024 there were 271.

Research on how to reduce nausea and vomiting that occurs during pregnancy with various techniques has been widely conducted in Indonesia. However, using ginger as an alternative in reducing nausea and vomiting during the first trimester of pregnancy has not been widely investigated. In the working area of Padangsari Health Center based on the initial survey conducted, the number of pregnant women who experienced gravidarum emissions was 1 person.

Management of emesis gravidarum is divided into pharmacological and non-pharmacological. Pharmacological management consists of administering vitamins (vitamin B complex, mediamer B6 as vitamins and anti-vomiting) and mild sedative medication. Non-pharmacological management to overcome emesis gravidarum, for example, by giving hot tea and giving ginger.(Ayu Puspita et al., 2022). The content in ginger contains essential oils zingiberena (zingirona), zingiberol, bisabilena, curcumin, gingerol, flandrena, vitamin A and bitter resin which can block serotonin, a neurotransmitter that is synthesized in serotonergic neurons in the central nervous system and enterochromaffin cells in the digestive tract so that it can provide a comfortable feeling in the stomach so that it can overcome nausea and vomiting.(Prastika & Pitriani, 2021)..

## OBJECTIVE

This study was to analyze the effect of ginger decoction to reduce emesis gravidarum in pregnant women in the first trimester at Padangsari

Health Center. Therefore, researchers are interested in conducting research related to "The effect of ginger decoction to reduce nausea and vomiting in pregnant women in the first trimester at Padangsari Health Center".

## METHOD

The method used in this study is a case study. The study was conducted by NyR G5P2A2, 37 years old, 6 weeks pregnant with a single fetus with grade 1 emesis gravidarum. This research was conducted at the Padangsari Health Center on November 20 - November 23, 2024. The instruments used were a questionnaire for data collection and an observation sheet in the form of Pregnancy-Unique Quantification Of Emesis (PUQE) to assess the level of emesis gravidarum. This study was conducted for 3 days by consuming boiled ginger with a dose given to the mother with a dose of 2.5 grams which was thinly sliced then brewed with 250 ml of hot water and added 10 grams of white sugar. The ginger infusion was drunk 2 times a day, morning and evening to see the progress or decrease in symptoms of emesis gravidarum.

## RESULTS

The first antenatal care visit was conducted on July 13, 2017. Subjective Data, namely a mother named Mrs. R, 37 years old, G5P2A2, 6 weeks 2 days pregnant, has given birth twice and had two miscarriages. The mother said that since 1 week ago

she has been experiencing nausea after eating and vomiting fluids  $\pm$  4x/day, the mother said that she has no history of degenerative diseases such as heart disease, diabetes, asthma and others. Themother said the first day of her last period was September 7, 2024.

Objective Data: The mother's general condition is good, composmentis consciousness, BP: 100/82 mmHg, Pulse 100x/minute, Temperature 36.6oC, RR 20x/minute, Height: 155cm, BB 52.9 kg, on physical examination there is good skin turgor , pink eye conjunctiva, sunken eyelids, laboratory examination was carried out with HB results: 13.8gr/dl, negative urine protein, positive pp test on October 21, 2024. Then an interview was conducted using the PUQE-24 (Pregnancy Unique Quantification of Emesis) Questionnaire and the results obtained were that the mother had nausea and vomiting in less than 1 hour (score 2), the mother had nausea and vomiting with fluids 1-2 times (score 2) and the mother had dry nausea and vomiting 1-2 times (score 2). So that the total score is 6 which means that the mother is experiencing mild emesis or grade 1.

The analysis obtained was Mrs. R, 37 years old, G5P2A2, 6 weeks 2 days pregnant with grade I emesis gravidarum for 1 week. Management carried out on Mrs. R included checking the mother's vital signs at every visit, encouraging the mother to eat little but often, giving the mother warm ginger infusion using 2.5 grams of ginger, peeled and thinly sliced, then boiled, adding 1 tablespoon of sugar. Drink 2x1 every morning and evening for 3 consecutive days.

Table 1. Observation sheet

| Day and date      | Consume boiled ginger | PUQE |
|-------------------|-----------------------|------|
| November 21, 2024 | 2x/day                | 6    |
| November 22, 2024 | 2 x/day               | 3    |
| November 23, 2024 | 2x/day                | 1    |

## DISCUSSION

The midwifery care given to Mrs. R in the form of ginger infusion given for 3 consecutive days with a dose of 2.5 grams of thinly sliced ginger then brewed with 250 ml of hot water and added with a tablespoon (10 grams) of sugar can reduce the symptoms of emesis gravidarum . This is in accordance with the research of Vivi Tomiatun (2019) which states that consuming boiled ginger for 3 days with a dose of 2.5 grams of ginger can reduce the symptoms of emesis gravidarum.

Emesis Gravidarum is a symptom of nausea accompanied by vomiting that occurs in early pregnancy.

The content in ginger that can reduce emesis gravidarum, namely gingerol in ginger, has the property of blocking sirotonin (a chemical that plays a role in inducing nausea and vomiting), so here ginger plays a role by stimulating gastrointestinal tract motility and stimulating tract motility and the secretion of saliva, bile in other forms, then ginger relaxes and weakens the muscles of the digestive tract, this is what is suppressed by ginger in the stomach with the gingerol content in

ginger.(rufaridah, anne herien, yelly mofa, 2018).

## CONCLUSION

Based on the results of the care provided, it was found that the mother experienced a decline from initially experiencing emesis grade 1 with a score of 6 to no emesis with a score of 1.

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