

ABSTRAK

ASUHAN KEPERAWATAN DENGAN MASALAH NAUSEA PADA IBU HAMIL EMESIS GRAVIDARUM DI BPM AMIRUL CHOLIFAH, S.TR.KEB.

Oleh: Meirina Imelda

Mual serta muntah yang dialami selama kehamilan, yang dikenal sebagai *emesis gravidarum* atau *morning sickness* merupakan suatu kondisi mual yang muncul pada wanita hamil dan terkadang disertai dengan muntah (frekuensi kurang dari 5 kali), serta dapat terjadi perubahan keseimbangan elektrolit yang mempengaruhi metabolisme tubuh. Tujuan penelitian ini melaksanakan asuhan keperawatan klien dengan masalah Nausea pada ibu hamil *Emesis Gravidarum* di BPM Amirul Cholifah, S.Tr.Keb. Metode yang digunakan adalah metode deskriptif dengan pendekatan study kasus. Penelitian ini dilakukan pada partisipan 1 pada tanggal 13 Januari 2026 – 15 Januari 2026 dan partisipan 2 pada tanggal 30 Januari 2026 – 01 Februari 2026. Partisipan yang diberikan asuhan keperawatan 2 klien yang mengalami Nausea pada ibu hamil *Emesis Gravidarum* dari tahap pengkajian, Analisa data, Diagnosa, Intervensi, Implementasi, dan Evaluasi. Pengumpulan data dengan cara wawancara, pemeriksaan fisik, observasi, dan dokumentasi. Hasil penelitian setelah dilakukan Tindakan asuhan keperawatan selama 3x24 jam pada partisipan 1 dan partisipan 2 Nausea dapat di kontrol selama kehamilan ditandai dengan frekuensi mual menurun, perasaan ingin muntah menurun, perasaan asam di mulut menurun, takikardi menurun, pucat membaik, nafsu makan membaik. Intervensi fokus pada manajemen mual meliputi monitor frekuensi mual, monitor asupan nutrisi dan kalori, pengaturan pola makan sedikit tapi sering, anjurkan konsumsi makanan tinggi protein, pengendalian faktor pencetus, pemberian aromaterapi lemon sebagai terapi nonfarmakologis yang efektif membantu mengurangi gejala emesis gravidarum. Asuhan keperawatan yang tepat dapat membantu mengatasi dan mengontrol masalah Nausea pada ibu hamil *Emesis Gravidarum*, yang ditandai dengan penurunan frekuensi dan intensitas mual, peningkatan nafsu makan, serta peningkatan kondisi umum.

Kata kunci: Emesis Gravidarum, Nausea, Asuhan Keperawatan.

ABSTRACT

NURSING CARE FOR NAUSEA IN PREGNANT WOMEN WITH EMESIS GRAVIDARUM AT BPM AMIRUL CHOLIFAH, S.TR.KEB.

By: Meirina Imelda

Nausea and vomiting experienced during pregnancy, known as *emesis gravidarum* or morning sickness, is a condition that occurs in pregnant women and is sometimes accompanied by vomiting (frequency less than 5 times). It can also cause changes in electrolyte balance that affect the body's metabolism. The purpose of this study was to provide care for clients with nausea and *emesis gravidarum* in pregnant women at BPM Amirul Cholifah, S.Tr.Keb. The method used was a descriptive method with a case study approach. This study was conducted on participant 1 on January 13, 2026 – January 15, 2026 and participant 2 on January 30, 2026 – February 1, 2026. Participants were given care for 2 clients who experienced Nausea in pregnant women *Emesis Gravidarum* from the assessment stage, Data analysis, Diagnosis, Intervention, Implementation, and Evaluation. Data collection by interview, physical examination, observation, and documentation. The results of the study after maintenance measures for 3x24 hours on participant 1 and participant 2 Nausea can be controlled during pregnancy characterized by the frequency of nausea, decreased feeling of wanting to vomit, decreased sour taste in the mouth, decreased tachycardia, improved skin, improved appetite. Interventions focused on nausea management include monitoring the frequency of nausea, monitoring nutritional and calorie intake, regulating small but frequent eating patterns, recommending consumption of high-protein foods, controlling trigger factors, administering lemon aromatherapy as an effective non-pharmacological therapy to help reduce the symptoms of *emesis gravidarum*. Appropriate wrapping care can help manage and control nausea in pregnant women with *Emesis Gravidarum*, which is characterized by a decrease in the frequency and intensity of nausea, an increase in appetite, and an improvement in general condition.

Keywords: Emesis Gravidarum, Nausea, Nursing Care.