

ABSTRAK

Analisis Asuhan Keperawatan Pada Ibu Hamil Trimester I Dengan Hiperemesis Gravidarum Melalui Pemberian Aromaterapi Lavender Di Rsud Dr. Wahidin Sudiro Husodo Mojokerto

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Kehamilan trimester I merupakan fase krusial yang memerlukan adaptasi fisiologis dan psikologis akibat lonjakan hormonal. Peningkatan kadar hormon *Human Chorionic Gonadotropin* (HCG), estrogen, dan progesteron sering kali memicu keluhan mual muntah berlebihan atau *hiperemesis gravidarum*. Jika tidak ditangani dengan tepat, kondisi ini dapat menyebabkan dehidrasi, penurunan berat badan, serta gangguan pertumbuhan pada janin. penatalaksanaan non-farmakologis seperti pemberian aromaterapi lavender dapat dijadikan solusi efektif bagi perawat untuk menurunkan intensitas mual melalui stimulasi sistem limbik di otak yang memicu efek relaksasi. Penulisan ini bertujuan Menganalisis dan memberikan gambaran pelaksanaan asuhan keperawatan pada ibu hamil trimester I yang mengalami *hiperemesis gravidarum* dengan masalah keperawatan nausea melalui penerapan terapi non-farmakologis aromaterapi lavender. Metode yang digunakan desain studi kasus asuhan keperawatan yang komprehensif pada pasien kelolaan utama (Ny. A) yang mengalami *hiperemesis gravidarum* di trimester I. Tahapan asuhan meliputi pengkajian, penegakan diagnosis keperawatan, penyusunan intervensi, implementasi selama 5 hari, serta evaluasi hasil tindakan. Intervensi inovasi yang diterapkan adalah pemberian aromaterapi lavender menggunakan *diffuser*. Hasil menunjukkan adanya penurunan rasa mual yang dialami ditandai dengan keluhan mual berkurang drastis (menjadi 1–2 kali saja sehari), nafsu makan meningkat, wajah tidak lagi pucat, dan mukosa bibir menjadi lembab. Kesimpulan penelitian ini yaitu Pemberian asuhan keperawatan terarah yang dikombinasikan dengan terapi non-farmakologis aromaterapi lavender terbukti efektif dalam menurunkan tingkat nausea dan memperbaiki status kenyamanan serta pemenuhan nutrisi pada ibu hamil trimester I dengan *hiperemesis gravidarum*.

Kata Kunci : Ibu hamil Trimester I, Hiperemesis Gravidarum, Nausea, Aromatherapy Lavender

ABSTRACT

Analysis of Nursing Care for First-Trimester Pregnant Women with Hyperemesis Gravidarum through the Administration of Lavender Aromatherapy at Dr. Wahidin Sudiro Husodo Regional General Hospital, Mojokerto

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First-trimester pregnancy is a crucial phase that requires physiological and psychological adaptation due to hormonal surges. Increased levels of Human Chorionic Gonadotropin (HCG), estrogen, and progesterone hormones often trigger severe nausea and vomiting, or hyperemesis gravidarum. If not properly managed, this condition can lead to dehydration, weight loss, and fetal growth restriction. Non-pharmacological management, such as the administration of lavender aromatherapy, can serve as an effective solution for nurses to reduce the intensity of nausea through the stimulation of the limbic system in the brain, which induces a relaxation effect. This study aims to analyze and provide an overview of the implementation of nursing care for first-trimester pregnant women experiencing hyperemesis gravidarum with the nursing diagnosis of nausea through the application of non-pharmacological lavender aromatherapy. The method used was a comprehensive nursing care case study design focused on the primary managed patient (Mrs. A) experiencing first-trimester hyperemesis gravidarum. The stages of care included assessment, nursing diagnosis formulation, intervention planning, implementation for 5 days, and evaluation of clinical outcomes. The innovative intervention applied was the administration of lavender aromatherapy using a diffuser. The results showed a decrease in nausea, characterized by a drastic reduction in nausea complaints (to only 1–2 times a day), increased appetite, a non-pale facial appearance, and moist lip mucosa. The conclusion of this study is that the delivery of directed nursing care combined with non-pharmacological lavender aromatherapy is proven effective in reducing nausea levels and improving comfort status as well as nutritional fulfillment in first-trimester pregnant women with hyperemesis gravidarum.

Key Word : First-Trimester Pregnant Women, Hyperemesis Gravidarum, Nausea, Lavender Aromatherapy