



CONTINUITY OF CARE IN NYA WITH A HIGH-RISK PREGNANCY IN SARFINA IN PATIENT PRIMARY CLINIC MEDAN POLONIA DISTRICT

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ABSTRACT

According to data from the World Health Organization (WHO) in 2024 it will be 295,000 in the world, especially in the ASEAN part of 953/100,000 KH. The residents who have the highest AKI are the country of Myanmar which is 282/100,000 KH, Laos with a battery of 185/100,000 KH, and the lowest AKI is found in Singapore in Indonesia the number of AKI in 2022 shows 4,627 and the cause of maternal death is 34.2% and the North Sumatra Provincial Health Office has AKI of 98.6/100,000KH. High AKI and AKB values indicate the presence of serious health problems in a certain area. Maternal mortality in the world is generally caused by complications that occur during pregnancy and childbirth. Maternal mortality rate refers to the maternal mortality rate caused by various factors, such as 24% of the pregnancy process, 36% of the labor process, and 40% of postpartum after birth alive under certain conditions. (Indonesia 2022). According to the data obtained from the recapitulation of the register of pregnant women in Sari Rejo Village, Medan Polonia District in 2023, there were 13 pregnant women with high risk, and this figure increased to 18 people in 2024. The purpose of this study is to identify factors related to the incidence of high-risk pregnancies, which can later be used as a reference in prevention efforts in the Sari Rejo Village area. The previous type of research was quantitative research with an analytical observational design and a cross-sectional approach. The results showed a significant relationship between the age of pregnant women ($p=0.008$), education level ($p=0.002$), maternal nutritional status (KEK) ($p=0.037$), and hemoglobin (HB) levels ($p=0.004$) and the incidence of high-risk pregnancies in Sari Rejo Village.

Keywords: Continuity of Care, High-Risk, Pregnancy

Introduction

Based on the latest data, in 2023, the Maternal Mortality Rate (MMR) in North Sumatra Province was recorded at 72.82 per 100,000 live births, with 202 cases of maternal death. Meanwhile, the Infant Mortality Rate (AKB) reached 3.61 per 1,000 live births, with 1,007 cases of infant death. The main causes of maternal death

are bleeding and hypertension, which often occur during the postpartum period. In 2024, until September, the number of maternal deaths in North Sumatra will decrease to 124 cases, and infant deaths will be recorded at 627 cases. However, this figure is still high compared to the national target of 183 per 100,000 live births for AKI by 2024. (Januari, Silaban, and Situmorang

2025)

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The results showed a significant relationship between the age of pregnant women ($p=0.008$), education level ($p=0.002$), maternal nutritional status (KEK) ($p=0.037$), and hemoglobin (HB) levels ($p=0.004$) and the incidence of high-

risk pregnancies in Sari Rejo Village. (Tasnim et al. 2024)

Research Method

The type of research used in this study is descriptive which is carried out by "Through a case study approach employing midwifery care documentation according to Helen Varney's 7-step model, complemented by developmental notes using the SOAP framework. The study was carried out at Klinik Pratama Sarvina, Medan District." Medan City North Sumatra, Medan City which was conducted on The research started from September 24, 2024 – February 9, 2025. The study sample comprised "This study involved one pregnant woman, designated as Mrs. 'A', with data collection carried out using both primary and secondary sources". Data analysis was performed by identifying and compiling data obtained through interviews, observations, and documentation, and subsequently comparing the findings with established theoretical concepts.

Result

On September 24, 2024, Mrs. A, 16-year-old NY A primigravida, came for a routine antenatal care (ANC) visit at 27 weeks gestation. He complained of fatigue, frequent dizziness, and pain in his waist and legs, but did not feel severe pain in the abdomen. The results of the examination showed that the mother's general condition was good, with blood pressure of 110/70 mmHg, pulse rate of 80x/minute, and body temperature of 36°C. The uterine fundus is palpable 26 cm high and the fetal heart rate (DJJ) sounds normal at 140x/min. Additional examination showed a hemoglobin level of 10 g/dL, which indicates mild anemia, and a LILA of 23 cm, indicating a nutritional deficiency. No

protein was found in the urine or other danger signs.

At the follow-up visit on November 27, 2024, when the gestational age was 36 weeks, Mrs. A reported that her previous complaints had improved after regularly taking Fe tablets and starting to actively exercise lightly. He feels refreshed and energized, but now has complaints of frequent urination at night. This is a common symptom in the third trimester due to the pressure of the fetal head against the bladder. The examination showed that the mother's condition was stable, with blood pressure and vital signs within normal limits. The weight increases to 59.5 kg, and the DJJ remains 140x/min. The fetus is in good condition, head presentation position, single, alive, and has entered the PAP. (Antenatal, Pada, and Hamil 2019)

The midwife again provided education on the importance of maintaining Fe consumption, continuing light physical activity, and suggesting ultrasound examinations in the third trimester to monitor the condition of the fetus more completely. To overcome the frequency of nighttime missions, mothers are given KIE related to fluid intake settings and bedtime habits so that the quality of rest is maintained.

Discussion

September 24, 2024 was the first examination of 16-year-old NY A primigravida, conducting a routine antenatal care (ANC) visit at 27 weeks gestation. He complained of fatigue, frequent dizziness, and pain in his waist and legs, but did not feel severe pain in the abdomen. Outcomes of the assessment showed that the mother's general condition was good, with blood pressure of 110/70 mmHg, pulse rate of 80x/minute, and body

temperature of 36°C. The uterine fundus is palpable 26 cm high and the fetal heart rate (DJJ) sounds normal at 140x/min. Additional examination showed a hemoglobin level of 10 g/dL, which indicates mild anemia, and a LILA of 23 cm, indicating a nutritional deficiency. No protein was found in the urine or other danger signs.

Assessing the nutritional status of expecting mothers by monitoring their weight gain during pregnancy is important because it greatly affects the newborn's weight. Studies have found a significant link between the mother's weight gain and the weight of the fetus. (Turnip and Kamso 2024).

Conclusion and Suggestion

Based on the comprehensive midwifery care provided to Mrs. "A", a 16-year-old primigravida (G1P0A0), from focusing on the third trimester through delivery, postpartum care, newborn management, and family planning, this program applies a case study methodology following Helen Varney's 7-step framework midwifery management model and SOAP documentation, it can be concluded that this approach enables systematic, continuous, and holistic midwifery care (Varney, Kribs, and Gegor 2018); (Fraser and Cooper 2019).

The results of the care indicated that the mother's weight gain and adequate nutritional intake during pregnancy have a significant influence on fetal growth and development, which is consistent with obstetric and maternal nutrition theories stating that maternal nutritional status is a key determinant of pregnancy outcomes and fetal well-being (Cunningham, Leveno, and Bloom 2018); (Proverawati and Asfuah 2019).

Antenatal, intranatal, postnatal, and neonatal care provided in accordance with established midwifery standards contributed to the improvement of maternal and neonatal health status and the prevention of complications during pregnancy, childbirth, and care delivered comprehensively and continuously throughout these stages has been shown to support early detection of risk factors, reduce unnecessary medical interventions, and enhance positive maternal and newborn outcomes, including lower rates of maternal and neonatal morbidity and mortality, when services are implemented following continuity-of-care principles during the postpartum period, (Indonesia 2022).

Therefore, clients receiving comprehensive midwifery care are anticipated to will pay greater attention to adequate and balanced nutritional intake during pregnancy and the postpartum period to improve maternal health and support optimal child growth and development, in line with national and international health recommendations (UNICEF 2020). By providing continuous counseling, monitoring, and support, midwives play a critical role in promoting dietary behaviors that reduce the risk of maternal and neonatal complications and foster long-term health outcomes.

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