

MANAJEMENT OF MIDWIFERY CARE DURING THE POSTPARTUM PERIOD WITH PRE-ECLAMPSIA IN CLINIK PRATAMA KASIH BUNDA 2026

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ABSTRACT

Background: The postpartum period is the period after childbirth until the reproductive organs return to their pre-pregnancy condition and is a phase that is vulnerable to various complications, one of which is postpartum preeclampsia. Continuity of midwifery care emphasizes promotive and preventive efforts, early detection of complications, and counseling to improve maternal and child health (Munthe et al., 2019). **Objectives:** This paper aims to identify and understand the management of midwifery care for postpartum mothers with preeclampsia, including risk factors, signs and symptoms, diagnosis, management, and the role of midwives in early detection and prevention of complications. **Methods:** The method used was a literature review by examining various relevant scientific sources, including midwifery textbooks, research articles, and clinical practice guidelines related to postpartum preeclampsia. **Results:** The review findings indicate that postpartum preeclampsia requires close monitoring of blood pressure, proteinuria, and signs of organ dysfunction. Midwifery care management includes comprehensive assessment, problem identification, maternal condition monitoring, health education, collaboration with other healthcare professionals, and the application of Varney's seven-step midwifery management process to prevent complications. **Conclusions:** Comprehensive, continuous, and evidence-based midwifery care plays an important role in improving the safety of postpartum mothers with preeclampsia, preventing complications, and supporting maternal recovery during the postpartum period.

Keywords: Postpartum Preeclampsia; Puerperium; Midwifery Care; Maternal Health; Varney Management.

INTRODUCTION

Preeclampsia is one of the hypertensive disorders of pregnancy that remains a major cause of maternal and perinatal morbidity and mortality worldwide. This condition is characterized by elevated blood pressure accompanied by proteinuria or signs of organ dysfunction after 20 weeks of gestation. Although preeclampsia commonly occurs during pregnancy, it may persist or even develop for the first time after childbirth, a condition known as postpartum preeclampsia. This condition represents a serious health problem because it can lead to severe complications that threaten maternal safety if not recognized and managed appropriately. The postpartum period is a transitional phase that begins after the delivery of the placenta and continues until the reproductive organs return to their pre-pregnancy state. (Wahyuni Wahyuni, Zulkarnain Batubara and Rosmega Rosmega, 2024)

During this period, various physiological, hormonal, and hemodynamic changes occur, which may affect the mother's health status. Therefore, the postpartum period requires optimal monitoring because the risk of complications, including postpartum preeclampsia, remains relatively high. Clinical manifestations such as severe hypertension, persistent headache, visual disturbances, epigastric pain, and edema may progress to eclampsia, stroke, pulmonary edema, renal failure, and even maternal death if not promptly treated. (Siregar *et al.*, 2024)

To reduce morbidity and mortality associated with postpartum preeclampsia, comprehensive, systematic, and evidence-based midwifery care is essential. One of the approaches commonly applied in midwifery practice is Helen Varney's Midwifery Management Process, which consists of seven steps: data collection, data interpretation, identification of potential diagnoses or problems, immediate intervention, planning, implementation, and evaluation. This approach enables midwives to perform early detection, make appropriate clinical decisions, and provide continuous care according to the mother's needs. Considering the important role of midwives in the prevention and management of postpartum preeclampsia, this paper was developed to examine midwifery care management for postpartum women with preeclampsia through a review of theoretical concepts and their application in clinical cases. It is expected that this study can serve as a reference for improving the quality of maternal health services. (Damayanty S *et al.*, 2025)

METHODS

This paper was prepared using a combination of a literature review and a case study approach to obtain a comprehensive understanding of midwifery care management for postpartum women with postpartum preeclampsia. The literature review approach was conducted by collecting, reviewing, and analyzing various scientific references relevant to the topic. Sources of information were obtained from midwifery textbooks, research journals, scientific articles,

clinical practice guidelines, and official publications issued by national and international health organizations.(Srininta *et al.*, 2024)

These references were utilized to strengthen the understanding of postpartum care concepts, the etiology and pathophysiology of preeclampsia, factors associated with the occurrence of postpartum preeclampsia, clinical manifestations, potential complications, and management principles in accordance with maternal healthcare standards. The case study approach was used to apply theoretical concepts to clinical practice, allowing for a more in-depth analysis of midwifery care provided to postpartum women diagnosed with preeclampsia. Through the integration of literature review and case study findings, this paper aims to present a systematic and evidence-based overview of midwifery management for postpartum preeclampsia.(Emilio, 2022)

RESULT AND DISCUSION

The assessment results indicated that the postpartum mother experienced elevated blood pressure above normal values, accompanied by complaints of headache and weakness. Based on the subjective and objective data obtained, the midwifery diagnosis was established as a postpartum mother with postpartum preeclampsia (KementerianPUPR *et al.*, 2023). The management provided included regular blood pressure monitoring, observation of vital signs, monitoring of fluid balance, surveillance for warning signs of preeclampsia such as epigastric pain, visual disturbances, and seizures, as well as collaboration in administering antihypertensive therapy according to the physician's instructions. In addition, health education was provided regarding the importance of adequate rest, adherence to medication, maintaining a healthy diet, and attending routine postpartum follow-up visits (Munthe *et al.*, 2022)

The comprehensive midwifery care provided demonstrated positive outcomes. The mother's blood pressure gradually stabilized, headache complaints decreased, and no signs of further complications were observed. The mother also showed improved knowledge regarding her condition and was able to perform self-care appropriately. These findings are consistent with previous studies indicating that early detection and close monitoring of postpartum women with preeclampsia play a crucial role in preventing serious complications. (Sinaga, 2021)

The use of antihypertensive therapy and magnesium sulfate in selected cases has been proven effective in preventing the progression to eclampsia. Furthermore, health education is an essential component of midwifery care because it can improve maternal adherence to treatment and follow-up healthcare visits. The role of midwives in managing postpartum preeclampsia is not limited to clinical care but also includes providing psychological and social support. A holistic and continuous approach can contribute to improving maternal quality of life during the postpartum period and reducing the risk of maternal morbidity and mortality.(Triantono, 2021)

CONCLUSIONS

Postpartum preeclampsia is a serious complication during the postpartum period that can lead to various adverse outcomes if not managed appropriately. Comprehensive midwifery care, including thorough assessment, regular blood pressure monitoring, observation of warning signs, collaborative therapy, health education, and continuous postpartum follow-up, plays a crucial role in the management of this condition. The implementation of standardized midwifery care management can help stabilize the mother's condition, prevent complications, improve maternal knowledge, and support a successful recovery process during the postpartum period.(Zai *et al.*, 2025)

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