

MIDWIFERY CARE MANAGEMENT FOR Mrs. A WITH FETAL DEATH AT 20 WEEKS OF PREGNANCY AT PMB RIMENDA TARIGAN

Cinta Tri Nadya Aritonang¹, Retno Wahyuni², Dhea Rajwa Afani³, Hanna Dea Emilda Silalahi⁴, Rimenda Tarigan⁵

^{1,2,3,4}Sekolah Tinggi Ilmu Kesehatan Mitra Husada Medan, ⁵Klinik Bersalin Rimenda

Email: 2319201011@mitrahusada.ac.id, retnowahyuni@mitrahusada.ac.id
2319201014@mitrahusada.ac.id, 2519201078@mitrahusada.ac.id,
Rimendatarigan@gmail.com

ABSTRACT

Background: Intrauterine Fetal Death (IUFD) or Kematian Janin Dalam Kandungan (KJDK) remains one of the major contributors to perinatal mortality worldwide. This condition not only increases maternal morbidity but also causes significant psychological distress for mothers and families. Various maternal, fetal, placental, and environmental factors may contribute to fetal death during pregnancy. Therefore, appropriate and comprehensive midwifery management is essential to prevent complications and support maternal recovery. **Objective:** To describe the management of midwifery care in a pregnant woman diagnosed with Intrauterine Fetal Death at Klinik Rimenda Tarigan in 2026. **Methods:** This study employed a descriptive case study approach. Data were collected through anamnesis, direct observation, physical examination, obstetric examination, supporting examinations, documentation review, and the implementation of midwifery care management based on the management approach. The collected data were analyzed descriptively to illustrate the process of providing comprehensive midwifery care to the patient. **Results:** The subject of this study was Ny. A, a 30-year-old woman, G1P1A0, with a gestational age of 20 weeks diagnosed with Intrauterine Fetal Death. Assessment findings included complaints of absent fetal movement, no fetal heart sounds on examination, and confirmation of fetal death through clinical and supporting examinations. Midwifery care was provided comprehensively, including assessment, diagnosis establishment, monitoring of maternal physical condition, emotional and psychological support, counseling regarding the condition, preparation for pregnancy termination, collaboration with other health professionals, and postpartum evaluation. The implementation of care was carried out according to midwifery standards and successfully prevented maternal complications. **Conclusion:** Comprehensive and timely midwifery management plays an important role in preventing complications and supporting maternal physical and psychological recovery following IUFD. (Sinaga *dkk.*, 2024)

Keywords: Intrauterine Fetal Death, Midwifery Care, Case Study, Pregnancy Complications, Maternal Health.

INTRODUCTION

Intrauterine Fetal Death (IUFD) or Kematian Janin Dalam Kandungan (KJDK) is defined as fetal death occurring before birth after 20 weeks of gestation or when the fetus weighs ≥ 500 grams. This condition remains a significant public health problem because it contributes substantially to perinatal mortality and causes profound emotional distress for mothers and their families.(Kartika, 2023)

The causes of IUFD are multifactorial and include maternal conditions such as anemia, hypertension, diabetes mellitus, infections, and nutritional deficiencies, as well as fetal abnormalities, placental disorders, and inadequate antenatal care. Research has shown that pregnancy complications significantly increase the risk of fetal death. (Kasa *dkk.*, 2023)

Despite advances in maternal healthcare, IUFD continues to occur, especially in developing countries where access to quality antenatal services remains limited. Therefore, healthcare providers, particularly midwives, play an essential role in early detection, prevention, and management of high-risk pregnancies. This case study aims to describe the implementation of midwifery care for a patient diagnosed with IUFD at Klinik Rimenda Tarigan in 2026.(Khatri, Mengistu dan Assefa, 2022)

METHODS

This research used a descriptive case study design on a pregnant woman at 20 weeks of gestation diagnosed with IUFD. Data was collected through anamnesis, observation, physical examination, obstetric examination, supporting tests, and documentation study. Care was provided using Varney's 7-Step Midwifery Care Management and documented in SOAP format. The data was analyzed descriptively by comparing the care results with relevant theory and literature.(Wang, Lin dan Chen, 2022)

RESULT

The subject in this case study is Mrs. A, who is 20 weeks pregnant and has been diagnosed with Intrauterine Fetal Death (IUFD). Based on the anamnesis results, the mother complained that she did not feel fetal movements as usual Physical examination showed that the mother's general condition was good, with full consciousness and vital signs within normal limits. In the obstetric examination, no fetal heartbeat was found, and the ultrasonography (USG) results showed no fetal heart activity, so the diagnosis of IUFD could be confirmed (Adethia dan Sapna, 2026). The midwifery care provided included monitoring the mother's condition, psychological support, education about the condition, collaboration with a doctor in managing the delivery, and postpartum observation (Bakara *dkk.*, 2026). After management according to standards, the mother's condition remained stable and no complications were found during the care period. (Tsakiridis *dkk.*, 2022).The research results show that the diagnosis of IUFD is made based on complaints of no fetal movement, the absence of fetal heartbeat during examination, and confirmation through an ultrasound. These findings are in line with the theory

stated by the World Health Organization, which says that IUFD is the death of a fetus in the womb before birth and is generally marked by the loss of fetal movement and the absence of fetal heart activity during supporting examinations (Tsakiridis *dkk.*, 2022). Midwifery care provided focuses on monitoring the mother's physical condition and offering psychological support. According to the American College of Obstetricians and Gynecologists, mothers who experience IUFD need comprehensive management, including medical treatment and emotional support to lessen the psychological impact of losing a fetus (Westby *dkk.*, 2021). also shows that mothers who go through stillbirth often experience sadness, anxiety, and stress, so support from healthcare providers and family is very important (Westby *dkk.*, 2021). The application of Varney's Seven-Step Midwifery Care Management in this case helps midwives carry out assessment, diagnosis determination, planning, implementation, and evaluation of care in a systematic way. The results show that providing comprehensive and standard-compliant midwifery care can keep the mother's condition stable and help her cope with the loss she experienced (Mills *dkk.*, 2022).

DISCUSSION

A case of Intrauterine Fetal Death (IUFD) at 20 weeks of pregnancy is one of the pregnancy complications that has a significant impact on both the physical and psychological condition of the mother. In this case, the mother came in complaining that she did not feel fetal movements as usual. This complaint is one of the signs often found in IUFD cases and is the main reason the mother seeks help at a healthcare facility. Examination results showed that the fetal heartbeat was not heard and this was confirmed through an ultrasound (USG) examination showing no fetal heart activity. These findings emphasize that clinical examination supported by additional tests is very important in making an accurate and precise IUFD diagnosis (David dan Spencer, 2022).

According to the guidelines issued by the American College of Obstetricians and Gynecologists (ACOG, 2020), IUFD is diagnosed by confirming the absence of fetal heart activity through an ultrasound examination. The findings in this case align with that theory, where the diagnosis is not only based on the mother's complaints but also supported by objective test results. This highlights the importance of regular prenatal check-ups so that any changes in the baby's condition can be detected as early as possible (Atkins *dkk.*, 2023).

Besides the diagnostic aspect, IUFD cases also have a profound emotional impact on the mother and family. Losing a fetus at 20 weeks of pregnancy often brings feelings of sadness, disappointment, anxiety, and even guilt. Therefore, midwifery care doesn't just focus on managing physical conditions but also pays attention to the mother's psychological needs. In this case, the midwife provides emotional support, counseling, and opportunities for the mother and family to express their feelings. This approach is important to help the mother accept what has happened and reduce the risk of psychological issues after losing the baby (Peira, Silverstein dan Sveen, 2023).

Research conducted by Flenady et al. (2022) shows that emotional support provided by healthcare workers has a positive impact on the adaptation and psychological recovery process of mothers who experience IUFD. Mothers who receive clear information, good communication, and ongoing support tend to be better able to accept the loss and go through

the recovery process more effectively compared to mothers who do not receive adequate support (Cassidy, 2022)

The application of Varney's Seven Steps of Midwifery Care Management in this case helps midwives carry out assessments systematically, identify problems, make action plans, provide care, and evaluate the results achieved. This approach allows for comprehensive and continuous care tailored to the mother's needs. The end result shows that the mother's general condition remained stable during care, and no complications that could endanger her health were found. So, this case shows that dealing with IUFD requires a holistic approach, covering physical, psychological, and social aspects. (Sinaga *dkk.*, 2024) Early detection through regular antenatal check-ups, accurate diagnosis, and providing adequate emotional support are key factors in improving maternity care services for IUFD cases and helping mothers cope with the loss they experience (Atkins *dkk.*, 2023).

CONCLUSIONS

Based on the case study results and discussion conducted on Mrs. A, who is 20 weeks pregnant and experienced Intrauterine Fetal Death (IUFD), it can be concluded that the implementation of Varney's Seven-Step Midwifery Care Management can help midwives in conducting assessments, establishing diagnoses, planning, implementing, and evaluating care systematically and comprehensively. The IUFD diagnosis is made based on the results of anamnesis, physical examination, obstetric examination, and confirmation from ultrasonography showing no fetal heart activity. The midwifery care provided includes monitoring the mother's physical condition, providing psychological support, health education, and collaborating with other healthcare professionals. Providing appropriate and continuous care can help maintain the mother's condition stable and assist her in coping with the loss of the fetus more adaptively (Ssegujja, Ddumba dan Andipatin, 2023).

ACKNOWLEDGEMENT

The author would like to express sincere gratitude to STIKes Mitra Husada Medan for providing academic support during this research. The author also thanks the research supervisor for valuable guidance and all respondents who willingly participated in this study. Appreciation is also extended to healthcare workers and related parties who assisted in the data collection process.

REFERENCE

- Adethia, K. dan Sapna, M. (2026) "The effect of giving ginger to reducing hyperemesis gravidarum in pregnant women in the Nana Diana's Clinic Medan City." *Mitra Husada Health International Conference (MIHHICo)*, STIKes Mitra Husada Medan, hlm. 27–30. Tersedia pada: <https://prosidingmhm.mitrahusada.ac.id/index.php/mihhico/article/view/21>.
- Atkins, B. *dkk.* (2023) "Stillbirth : prevention and supportive bereavement care." Tersedia pada: <https://doi.org/10.1136/bmjmed-2022-000262>.
- Bakara, S.M. *dkk.* (2026) "The relationship between gravity and nutritional status with hyperemesis gravidarum." *Mitra Husada Health International Conference (MIHHICo)*, STIKes Mitra Husada Medan, hlm. 183–189. Tersedia pada: <https://prosidingmhm.mitrahusada.ac.id/index.php/mihhico/article/view/251>.

- Cassidy, P.R. (2022) "Beyond emotional support : predictors of satisfaction and perceived care quality following the death of a baby during pregnancy," 50(6), hlm. 832–843.
- David, A.L. dan Spencer, R.N. (2022) "Clinical Assessment of Fetal Well-Being and Fetal Safety Indicators," 62(May). Tersedia pada: <https://doi.org/10.1002/jcph.2126>.
- Kartika (2023) "Volume 13 Nomor 1 Mei 2023 FAKTOR RESIKO KEJADIAN INTRAUTERINE FETAL DEATH (IUFD) DI RUMAH SAKIT Nama Asal Institusi : STIKES Panca Bhakti Pontianak Email Korespondensi : akbidpbpontianak@gmail.com Jurnal Kebidanan-ISSN 2252-8121 Volume 13 Nomor 1 Mei 2," 13.
- Kasa, G.A. dkk. (2023) "The factors associated with stillbirths among sub - saharan African deliveries : a systematic review and meta - analysis," *BMC Pregnancy and Childbirth*, hlm. 1–18. Tersedia pada: <https://doi.org/10.1186/s12884-023-06148-6>.
- Khatri, R.B., Mengistu, T.S. dan Assefa, Y. (2022) "Input , process , and output factors contributing to quality of antenatal care services : a scoping review of evidence," *BMC Pregnancy and Childbirth*, hlm. 1–15. Tersedia pada: <https://doi.org/10.1186/s12884-022-05331-5>.
- Mills, T.A. dkk. (2022) "Better maternity care pathways in pregnancies after stillbirth or neonatal death : a feasibility study," *BMC Pregnancy and Childbirth*, hlm. 1–14. Tersedia pada: <https://doi.org/10.1186/s12884-022-04925-3>.
- Peira, N., Silverstein, R.A. dan Sveen, J. (2023) "Care and support when a baby is stillborn : A systematic review and an interpretive meta- synthesis of qualitative studies in high-income countries," hlm. 1–28. Tersedia pada: <https://doi.org/10.1371/journal.pone.0289617>.
- Sinaga, A. dkk. (2024) "Penyuluhan Dan Safari Keluarga Berencana Dalam Meningkatakan Penggunaan KB Implan Dan Iud Di Klinik Pratama Elvi Diana Kecamatan Medan Johor , Kota Medan Tahun 2024
- Ssegujja, E., Ddumba, I. dan Andipatin, M. (2023) "An exploration of health workers ' experiences in providing bereavement care to mothers following a stillbirth : results from a subnational level health system in Uganda," hlm. 1–13.
- Tsakiridis, I. dkk. (2022) "Investigation and management of stillbirth : a descriptive review of major guidelines," 50(6), hlm. 796–813.
- Wang, S.J., Lin, L.L. dan Chen, W.C. (2022) "Placental mesenchymal dysplasia complicated with sudden fetal demise and amniotic fluid embolism : a case report," *BMC Pregnancy and Childbirth*, hlm. 1–7. Tersedia pada: <https://doi.org/10.1186/s12884-022-05261-2>.
- Westby, C.L. dkk. (2021) "Depression , anxiety , PTSD , and OCD after stillbirth : a systematic review," *BMC Pregnancy and Childbirth*, hlm. 1–17. Tersedia pada: <https://doi.org/10.1186/s12884-021-04254-x>.