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CASE STUDY OF MIDWIFERY CARE FOR COMPLETE ABORTION AT 10 WEEKS GESTATION

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ABSTRACT

Background: Early Pregnancy Loss Remains A Significant Contributor To Maternal Morbidity And Has The Potential To Cause Complications, Including Excessive Bleeding, Infection, Anemia, And Psychological Problems When Appropriate Management Is Not Provided. Therefore, Comprehensive And Prompt Midwifery Care Is Essential To Promote Maternal Recovery And Minimize The Risk Of Further Complications (Shimels Et Al. 2023) **Objectives:** The purpose of this study was to describe the implementation of comprehensive midwifery care for Mrs. I, a 24-year-old G1P0A1 woman at 10 weeks of gestation who experienced a complete abortion at Pratama Vina Clinic, North Sumatra. This approach aligns with previous evidence indicating that comprehensive midwifery care, encompassing health education, ongoing clinical monitoring, and psychological support, plays an important role in enhancing maternal health outcomes and reducing the risk of post-abortion complications.(Dewi Sartika Hutabarat 2024) **Methods:** A Descriptive Case Study Design Was Used With Varney's Seven-Step Midwifery Management Approach. Data Were Obtained Through Interviews, Physical Examinations, Observations, And Documentation. The Care Provided Was Documented Using The SOAP Format. **Results:** The patient was admitted with complaints of lower abdominal pain, vaginal bleeding, and the passage of tissue from the vagina. Clinical assessment revealed a blood pressure of 110/80 mmHg, pulse rate of 100 beats per minute, respiratory rate of 20 breaths per minute, body temperature of 36.5°C, and ultrasonographic evidence of an empty uterine cavity. Midwifery care consisted of regular monitoring of vital signs, health education, advice on adequate rest and proper perineal hygiene, administration of iron supplementation, folic acid, and vitamin C, counseling on postponing subsequent pregnancy, provision of psychological support, and scheduled follow-up visits. At the final evaluation, both the patient and her husband demonstrated a clear understanding of the information provided, the patient's anxiety had decreased, and her physical condition had improved without any post-abortion complications(Dr. Herna Rinayanti M, S.Keb. et al. 2021). **Conclusions:** The Implementation Of Comprehensive Midwifery Care Using Varney's Seven-Step Approach Was Carried Out Effectively And Contributed To Improving The Patient's Condition, Accelerating Recovery, And Preventing Complications Following Pregnancy Loss.

Keywords: Complete Abortion; Post-Abortion Care; Comprehensive Midwifery Care; First-Trimester Pregnancy Loss; Follow-Up Care

INTRODUCTION

Maternal Mortality Continues To Be A Significant Public Health Challenge Worldwide, Especially In Developing Countries. Data From The World Health Organization (WHO) Indicate That Approximately 260,000 Women Died Due To Complications Related To Pregnancy And Childbirth In 2023, With Hemorrhage Remaining One Of The Major Contributors To Maternal Deaths. In Addition, Abortion-Related Complications Continue To Contribute Considerably To Maternal Morbidity And Mortality, Emphasizing The Importance Of Prompt And Appropriate Management To Avoid Unfavorable Outcomes. (Wulandari 2023)

Pregnancy Loss During The First Trimester Occurs In About 10–20% Of Clinically Recognized Pregnancies, With The Majority Of Cases Taking Place During Early Gestation. Although Complete Abortion Is Associated With A Lower Risk Of Complications Compared With Incomplete Abortion, Inadequate Or Delayed Treatment May Result In Excessive Bleeding, Infection, Anemia, And Psychological Problems. Consequently, Comprehensive Care Accompanied By Regular Monitoring Is Necessary To Facilitate Maternal Recovery And Enhance Overall Well-Being. (Sherer Et Al. 2024)

In Indonesia, Numerous Initiatives Aimed At Lowering Maternal Mortality Have Been Carried Out Through Antenatal Care Programs And Integrated Maternal Health Services. Midwives Have A Pivotal Role In Delivering Comprehensive Care, Including Physical Assessments, Health Education, Counseling, And Post-Abortion Follow-Up (Aiken et al. 2021). Previous Research Has Demonstrated A Significant Relationship Between Maternal Knowledge And The Occurrence Of Abortion, Highlighting The Importance Of Education And Timely Identification Of Danger Signs By Healthcare Professionals. Nevertheless, Evidence On The Provision Of Comprehensive Midwifery Care For Complete Abortion In Primary Healthcare Facilities Remains Scarce. Therefore, This Case Study Sought To Describe The Application Of Comprehensive Midwifery Care Based On Varney's Seven-Step Management Approach In A Woman Diagnosed With Complete Abortion. (Giawa, S, and Sitepu 2021)

METHODS

A Descriptive Case Study Design Was Utilized To Comprehensively Describe The Implementation Of Midwifery Care In A Woman Experiencing Complete Abortion. The Study Was Carried Out At Pratama Vina Clinic, North Sumatra, In March 2026. The Subject Of The Study Was Mrs. I, A 24-Year-Old G1P0A1 Woman With A Gestational Age Of 10 Weeks Who Was Diagnosed With Complete Abortion. The Participant Was Selected Using A Purposive Sampling Technique Based On The Criteria Of Having A Confirmed Diagnosis Of Complete Abortion And Willingness To Participate In The Study. (Musyarof et al. 2024)

Data Were Obtained From Both Primary And Secondary Sources. Primary Data Were Collected Through History Taking, Interviews, Direct Observation, And Physical Examinations, Whereas Secondary Data Were Gathered From Medical Records And Other Relevant Documents. The Instruments Used Included Interview Guides, Observation Sheets, Physical Examination Equipment, And Documentation Forms. Blood Pressure Was Measured Using A Sphygmomanometer, Pulse And Respiratory Rates Were Assessed Manually, Body Temperature Was Measured Using A Thermometer, And Ultrasonographic Findings Were Utilized To Support The Diagnosis.(Kurniaty, Dasuki, and Wahab 2019)

This Study Employed Comprehensive Midwifery Care Based On Varney's Seven-Step Management Model As The Independent Variable, While The Dependent Variable Was The Maternal Outcome Following Care, Evaluated Through Indicators Such As Physical Recovery, Reduction Of Symptoms, Psychological Condition, And The Absence Of Post-Abortion Complications. All Observations, Assessments, And Interventions Were Systematically Recorded Using The Subjective, Objective, Assessment, And Plan (SOAP) Documentation Format. The Collected Data Were Analyzed Descriptively By Comparing Clinical Findings With Relevant Theories, Evidence-Based Literature, And Established Guidelines For The Management Of Complete Abortion (Reynolds-Wright et al. 2021). This Methodology Aligns With Previous Research Highlighting The Significance Of Health Education And Early Detection Of Abortion-Related Conditions In Reducing Complications And Enhancing Maternal Health Outcomes. Prior To The Commencement Of Data Collection, Informed Consent Was Obtained From The Participant, And Strict Confidentiality Of Personal Information Was Ensured Throughout The Study. Where Required, Details Of Ethical Clearance, Including The Approval Number, Approval Date, And The Responsible Ethics Committee, Should Be Provided In Accordance With Journal Policies.(Sugiarto, R. V., Murofikoh, D. I., Sandi 2021)

RESULTS AND DISCUSSIONS

Mrs. I, A 24-Year-Old G1P0A1 Woman With A Gestational Age Of 10 Weeks, Presented To Pratama Vina Clinic With Complaints Of Lower Abdominal Cramping And Vaginal Bleeding Accompanied By Blood Clots. Approximately One Hour Before Admission, Tissue Had Been Expelled From The Vagina, Followed By A Reduction In Pain And Bleeding. Physical Examination Showed A Blood Pressure Of 110/80 Mmhg, Pulse Rate Of 100 Beats/Minute, Respiratory Rate Of 20 Breaths/Minute, Body Temperature Of 36.5°C, And Ultrasonographic Findings Indicating An Empty Uterine Cavity, Confirming Complete Abortion. (Upadhyay et al. 2024). Comprehensive Midwifery Care Based On Varney's Seven-Step Approach Included Monitoring Vital Signs, Providing Health Education, Recommending Adequate Rest And Genital Hygiene, Administering Iron Tablets, Folic Acid, And Vitamin C, Offering Psychological Support, And Scheduling Follow-Up Visits. Subsequent Evaluations Showed Improvement In The Patient's Physical And Psychological Conditions Without Complications. (Juliana Munthe et al. 2025)

The Findings Of This Case Suggest That Timely And Comprehensive Midwifery Management Is Essential In Facilitating Maternal Recovery After Pregnancy Loss. The Care Provided Was Consistent With Recommendations Outlined By Prawirohardjo And The WHO For Post-Abortion Management. Previous Evidence Has Further Demonstrated That Women With A History Of Abortion Are At Increased Risk Of Unfavorable Outcomes In Subsequent Pregnancies, Such As Low Birth Weight, Underscoring The Need For Continuous Follow-Up And Preventive Interventions After Abortion. A Major Strength Of This Study Was The Structured Implementation Of Varney's Seven-Step Management Process Accompanied By Continuous Assessment. Nevertheless, The Use Of A Single Case Limits The Generalizability Of The Results. Therefore, Studies Involving Larger Populations Are Required To Provide Stronger Evidence Regarding Comprehensive Midwifery Care For Women Experiencing Complete Abortion. (Nortén et al. 2022)

CONCLUSIONS

Comprehensive midwifery care was effectively provided to Mrs. I, a 24-year-old G1P0A1 woman at 10 weeks of gestation who experienced a complete abortion, following Varney's Seven-Step Management Approach**.** The management consisted of comprehensive assessment, continuous clinical observation, health education, nutritional support, psychological counseling, and scheduled follow-up care, all of which facilitated maternal recovery and minimized the risk of post-abortion complications. These findings support existing evidence indicating that comprehensive and continuous midwifery care is fundamental to achieving optimal maternal outcomes after pregnancy loss. Accordingly, the application of evidence-based midwifery management should be further promoted to enhance the quality of post-abortion care. Future research involving larger populations is recommended to generate more robust evidence and contribute to the advancement of comprehensive post-abortion care practices.(Bakara et al., n.d.)

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CONFLICT OF INTEREST AND FUNDING DISCLOSURE

The Authors Declare That There Are No Conflicts Of Interest Associated With This Publication. No Financial Support Was Received From Governmental, Commercial, Or Non-Profit Institutions For The Conduct Of This Study; Therefore, No Funding Approval Number Is Available. (Ngo et al. 2011)

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