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**ASUHAN KEPERAWATAN PADA IBU HAMIL PRIMIGRAVIDA**  
**TRIMESTER I DENGAN PEMBERIAN MINUMAN JAHE HANGAT**  
**TERHADAP PENURUNAN HIPEREMESIS GRAVIDARUM :**  
***LITERATURE REVIEW***

**ABSTRAK**

Kehamilan merupakan proses fisiologis dan alamiah, menyebabkan berbagai macam keluhan salah satunya mual muntah. 1-3% kasus mual muntah pada kehamilan dapat berkembang menjadi lebih parah, biasa disebut sebagai hiperemesis gravidarum. Penatalaksanaan hiperemesis gravidarum dapat dilakukan secara non farmakologi salah satunya dengan pemberian minuman jahe hangat, salah satu fungsi farmakologis jahe adalah anti muntah. Tujuan karya tulis ilmiah ini untuk mengetahui gambaran Asuhan Keperawatan pada ibu hamil primigravida trimester 1 dengan pemberian minuman jahe hangat terhadap penurunan hiperemesis gravidarum. Metode yang digunakan yaitu *literature review* terhadap 3 jurnal serta 1 artikel asuhan keperawatan. Berdasarkan telaah artikel asuhan keperawatan, hasil pengkajian ditemukan adanya keluhan utama yaitu mual muntah, diagnosa keperawatan yang diangkat sebagai masalah utama adalah *nausea*, perencanaan menggunakan tindakan pemberian minuman jahe hangat, implementasi dilakukan sesuai SOP yaitu jahe jahe emprit sebanyak 2,5 gram diiris dan diseduh air panas 250 ml ditambah gula pasir 1 sendok makan, seduhan jahe diberikan 1x2 hari selama satu minggu, evaluasi menunjukkan adanya penurunan frekuensi mual muntah sesuai dengan kriteria hasil. Kesimpulan pemberian minuman jahe hangat terbukti efektif dan bisa dijadikan alternatif untuk menurunkan frekuensi mual muntah. Saran diharapkan pemberian minuman jahe hangat diterapkan menjadi terapi alternatif yang banyak digunakan di masyarakat khususnya ibu hamil dengan masalah hiperemesis gravidarum.

**Kata Kunci : Hiperemesis, jahe, ibu hamil trimester 1**

**Pustaka : 2012-2022**

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***NURSING CARE FOR PREGNANT WOMEN PRIMIGRAVIDA  
TRIMESTER I WITH THE GIVING OF WARM GINGER DRINK  
TOWARDS REDUCING HYPEREMESIS GRAVIDARUM : LITERATURE  
REVIEW***

**ABSTRACT**

*Pregnancy is a physiological and natural process, causing various kinds of complaints, one of which is nausea and vomiting. 1-3% of cases of nausea and vomiting in pregnancy can develop to be more severe, commonly referred to as hyperemesis gravidarum. Management of hyperemesis gravidarum can be done non-pharmacologically, one of which is by giving warm ginger drinks, one of the pharmacological functions of ginger is anti-vomiting. The purpose of this scientific paper is to find out the description of nursing care for primigravida pregnant women in the 1st trimester by giving warm ginger drinks to reduce hyperemesis gravidarum. The method used is a literature review of 3 journals and 1 article on nursing care. Based on the review of nursing care articles, the results of the study found that the main complaint was nausea and vomiting, the nursing diagnosis that was appointed as the main problem was nausea, planning using the action of giving warm ginger drinks, the implementation was carried out according to the SOP, namely emprit ginger as much as 2.5 grams sliced and brewed 250 ml of hot water plus 1 tablespoon of sugar, ginger infusion was given 1x2 days for one week, the evaluation showed a decrease in the frequency of nausea and vomiting according to the outcome criteria. It can be concluded that giving warm ginger drink is proven to be effective and can be used as an alternative to reduce the frequency of nausea and vomiting. Suggestions are expected to give warm ginger drink to be applied as an alternative therapy that is widely used in the community, especially pregnant women with hyperemesis gravidarum problems.*

**Keywords : Hyperemesis, ginger, third trimester pregnant women**

**References : 2012-2022**