**The Effectiveness Of Warm Water Compress Video On Reducing History Pain In Comprehensive Midwifery Care Ny.M G2p1a0 37 Weeks Of Pregnancy At Clinic A**

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**Abstract**

**Introduction:** During the third trimester of pregnancy, a woman will usually experience changes that will cause a lot of discomfort, one of which is lower back pain. This complaint can be overcome with non-pharmacological treatment, one of which is warm water compresses. Based on data from Clinic A, there were 154 pregnant women, 72 pregnant women (46.7%) experienced lower back pain, 29 pregnant women (18.8%) experienced frequent urination, 22 pregnant women (14.2%) had difficulty sleeping, and other complaints as many as 18 pregnant women (11.6%), and 13 pregnant women (8.4%) who had no complaints. 72 pregnant women who experienced lower back pain were due to incorrect activity patterns which disrupted the mother's daily activities. This study aims to determine the effectiveness of midwifery care to reduce the intensity of lower back pain in pregnant women in the third trimester.

**Objective:** The subject of this midwifery care is Mrs. M G2P1A0, 37 weeks pregnant, with complaints of uncomfortable lower back pain. The cause of the lower back pain that Mrs. M felt was due to incorrect body posture such as standing for too long, sleeping on her back, and incorrect waking up position.

**Method:** The method in this study is a case study approach. Data collection in this study using interviews and observations.

**Results:** The results of the study showed that after being given care in the form of pain reduction techniques with warm compresses via video twice a day for 3 days for ± 15 minutes, the pain scale dropped from 2 to 0.

**Conclusion:** It can be concluded that the comprehensive obstetric case study on Mrs. M went normally and effectively to overcome the discomfort experienced. It is expected that this warm compress care can be applied especially to pregnant women who often experience pain in the waist area.

Keywords: Back Pain, Warm Compress, Midwifery Care