

COMPREHENSIVE MIDWIFERY CARE FOR SLEEP DISTURBANCES IN A MULTIGRAVIDA PATIENT

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ABSTRACT

In the third trimester, women usually experience discomfort such as low back pain, frequent urination, fetal movements, heartburn, leg cramps, fatigue, especially sleep disturbances or difficulty sleeping until the morning. Third trimester pregnant women often experience sleep disturbances, this causes a decrease in sleep duration in pregnant women. Based on the Ministry of Health of the Republic of Indonesia, in 2021, the number of pregnant women in Indonesia who experienced sleep disorders reached 64%. This study aims to determine midwifery care to overcome sleep disorders in pregnant women. The method in this research is a case study approach. Data collection in this research used interviews and observation. The subject of this research was Mrs "U" G4P1A2 38 weeks pregnant with complaints of discomfort and sleep disturbances. The causes of sleep disorders in Mrs "U" were an enlarged uterus, increased fetal weight, shortness of breath, restlessness, difficulty falling asleep and frequently waking up at night because she wanted to urinate. The research results showed that after intervention through the use of video 6 times in more than 1 week with a duration of \pm 10 minutes, Mrs. "U" decreased and felt better, felt more relaxed, slept more comfortably, and woke up less frequently at night. It can be concluded that the case study of comprehensive midwifery care for Mrs. "U" runs normally and is effective in overcoming the discomfort experienced. The result of this study being limited to a single patient, restricts the generalizability of the findings. Future research with a larger sample size is needed to validate these results and explore the broader applicability of this midwifery intervention.

Keywords: Sleep Disturbances, Yoga Prenatal, Midwifery Care

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INTRODUCTION

Third trimester pregnant women often experience sleep disorders which can reduce their sleep time. There are 97% of pregnant women who wake up at night in the third trimester of their pregnancy. In addition, the frequency of sleep disorders increases in the third trimester, this is caused by other discomforts such as low back pain, spontaneous awakening from sleep, frequent urination, heartburn, leg cramps, fetal movements, fatigue, difficulty starting to sleep or difficulty sleeping. was sleeping. sleep until morning. The more appropriate thing to do to implement and overcome sleep disorders is to use complementary therapy techniques, one of which is doing yoga, there are fewer side effects, yoga has a relaxation method that can help pregnant women who have difficulty sleeping or are often disturbed. . in their sleep. Prenatal yoga is one way to deal with pregnant women who have difficulty sleeping. Antenatal yoga combines pregnancy activities with guided imagery to create thought processing skills that can be useful to help overcome sleeplessness. It consists of comprehensive personality development strategies that are psychological, physical, and spiritual in nature. Prenatal yoga can help insomnia sufferers, helping you fall asleep faster and stay asleep longer. Yoga's stimulating effect on the nervous system, especially the brain, can increase blood flow to the hypothalamus, which regulates sleep, helping to restore normal sleep cycles. Based on the background description above, the problem of comprehensive midwifery care can be formulated as follows: How is Comprehensive Midwifery Care for Mrs "U" G4P1A2 with Discomfort Disturbing Sleep at the Batujajar Community Health Center, West Bandung Regency in 2024? This final project report is able to provide comprehensive midwifery care to Mrs.

METHOD

The research method used is a case study by conducting an assessment and providing services starting from 38 weeks 3 days of pregnancy, delivery services, postpartum visits, neonatal visits and family planning services. This research design uses a case study approach carried out on Mrs. "You". Data collection was carried out by means of interviews, observation and documentation studies using MCH and midwifery documentation. The research implementation process was carried out starting from the third trimester of pregnancy, the postpartum period, the postpartum period, the newborn and the stages of family planning use.

RESULTS

Results of the third trimester pregnancy assessment, Mrs. first day of direct contact with patients at the Puskesmas. After the intervention was carried out 6 times, namely with the frequency of yoga exercises starting on the first day of the Puskesmas visit and carried out again on the 2nd day, 3rd day, 4th day, 6th day, and 8th day after that. visit to the health center. After the yoga exercise intervention, Mrs. sleep quality improved. The "U" got better and the mother reported feeling more relaxed, starting to sleep more comfortably and soundly, and waking up less frequently at night to urinate. Apart from reducing difficulty sleeping, the benefits of yoga can also improve body posture reduce stress and anxiety.

DISCUSSION

Pregnant women will experience a decrease in the amount of sleep throughout the third trimester due to high levels of sleep disorders. The sleep quality of pregnant women in the third trimester is also influenced by a number of other variables, including increased urination. The lower part of the fetus will also put greater pressure on the lower pelvis, causing an increase in the frequency of urination which is caused by the capacity of the bladder due to the enlarging uterus, causing the bladder to feel full and increasingly under pressure, this is what often makes pregnant women wake up in the middle of the night and experiencing sleep disturbances.

During pregnancy, Mrs "U" complained of discomfort, sleep disturbance or difficulty sleeping in the third trimester. Theoretically, difficulty sleeping is a physiological condition that affects all pregnant women, but if it is not treated, pregnant women will experience discomfort during pregnancy, especially in the third trimester, which can cause the mother to feel tired, uncomfortable and uncomfortable in carrying out daily activities. The mother's health will have an impact on the condition of the fetus she is carrying, disrupting mobility, and for mothers who already have children it will be increasingly difficult to care for their children. This will result in the fetus experiencing fetal distress and asphyxia. In this case, the author then suggests prenatal yoga exercise intervention to reduce sleep disturbances, because according to theory, one of the non-pharmacological treatment options that can improve sleep quality is prenatal yoga. In treating sleep disorders in pregnant women, a non-pharmacological approach is more appropriate because it is safer and has no side effects compared to using pharmacological treatment.

According to the theory and research presented in the title "The Effectiveness of Yoga on the Sleep Quality of Pregnant Women" by Harahap and Utami S, yoga is a non-pharmacological therapy that is suitable for treating sleep disorders in pregnant women and helping them sleep more soundly using this technique because yoga is one one method that helps relaxation.

Therefore, the author provides prenatal yoga care to Mrs. This "U" is done 6 times a week or more with a duration of ± 10 minutes starting from 38 weeks 3 days of gestation.

Treatment was provided through contact (at the Puskesmas) 2 times and 4 times through direct home visits with yoga exercises provided which had previously been given a prenatal yoga video on the first day during direct contact with patients at the Puskesmas. After the intervention was carried out 6 times, namely with the frequency of yoga exercises starting on the first day of the Puskesmas visit and carried out again on the 2nd day, 3rd day, 4th day, 6th day, and 8th day after that. visit to the health center. After the yoga exercise intervention, Mrs. sleep quality improved. The "U" got better and the mother reported feeling more relaxed, starting to sleep more comfortably and soundly, and waking up less frequently at night to urinate. Apart from reducing difficulty sleeping, the benefits of yoga can also improve body posture, reduce stress and anxiety and relieve shortness of breath, aches and back pain. Based on the research findings of Rizqi Kamalah and Zaenab Ismail (2021) entitled "The Effect of Prenatal Yoga on Improving the Sleep Quality of Pregnant Women in the Third Trimester" shows that yoga practice can provide benefits, especially for the quality of the mother's sleep. during pregnancy, as yoga offers physical activity. Prenatal yoga practice can impact and influence pregnant women's sleep patterns before being given prenatal yoga and after being given prenatal yoga.

Yoga for pregnant women aims to increase the mother's comfort during pregnancy, also helps improve the mother's blood circulation, improves physical balance, helps the mother maintain the correct position during pregnancy, and helps the mother's abdominal wall muscles become elastic as the uterus grows (Indonesian) . Ministry of Health, 2021). According to research conducted by Nanda D and Latiefah N entitled "Yoga Overcomes Discomfort for Pregnant Women in the Third Trimester," they conducted prenatal yoga research on sleep quality in the third trimester and found that prenatal yoga had an effect on managing sleep. quality during the third

trimester. This research is in line with research by Gusti A, Komang Ayu, and Nih Luh whose research is entitled "Effectiveness of Prenatal Yoga on the Sleep Quality of Pregnant Women" and their findings show that prenatal yoga has a positive influence on the sleep quality of pregnant women. woman. Therefore, doing prenatal yoga for pregnant women in the third trimester has a positive and significant impact on how pregnant women sleep before and after being given yoga. During labor, the mother did not experience any complications or obstacles, postpartum services KF I-IV and maternal contraception did not experience any complications. Treatment of KN II – III newborns did not experience complications.

CONCLUSIONS

Based on the analysis from this final assignment report on midwifery care during pregnancy, childbirth, postpartum, newborn care, and contraception for Mrs. "U" (G4P1A2) at PKM Batujajar, West Bandung Regency in 2024, the author concludes that the midwifery care provided was effective and appropriate. During her pregnancy, Mrs. "U" experienced third-trimester discomfort, particularly sleep disturbances, which were alleviated through prenatal yoga exercises, resulting in increased comfort and reduced sleep issues. The childbirth process for Mrs. "U" progressed normally without any complications, and the postpartum period was similarly uneventful, with no complications arising. Newborn care for Mrs. "U"'s baby proceeded smoothly, with no issues noted. For contraception, Mrs. "U" chose a 3-month injectable contraceptive after counseling and agreement with her husband. All care and interventions were documented using the SOAP method, ensuring comprehensive and systematic record-keeping.

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