


## Midwifery Care for Pregnant Women in the First Trimester with Emesis Gravidarum through Red Bean Porridge at PMB Bd. Misni, Pulo Bandring District

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Article Info	ABSTRACT
<b>Keywords:</b> Emesis Gravidarum Pregnant Women Red Bean Porridge Weight	One problem that pregnant women need to avoid is weight loss during pregnancy, which can be caused by emesis gravidarum or nausea and vomiting. To increase weight, one way that can be done is by giving red bean porridge. This study aims to determine the effectiveness of giving red bean porridge to pregnant women with nausea and vomiting on weight gain. At PMB Bd. Misni S.Tr, Keb, the number of pregnant women in the first trimester with complaints of nausea and vomiting was 1 person or 10%. This study was conducted once a week on June 15, 22, 29, and July 6, 2025.
This is an open-access article under the <a href="https://creativecommons.org/licenses/by-nc/4.0/">CC BY-NC</a> license 	<b>Corresponding Author:</b> Delimayani Putra Abadi Langkat University R. Suprpto Street No. 10 delima.yani@gmail.com

### INTRODUCTION

Pregnancy is a process that begins with the fertilization of an egg by sperm, which then implants in the uterus and develops until the baby is born. This period of pregnancy generally lasts 40 weeks or 280 days, calculated from the first day of the last menstrual period (LMP). During this phase, pregnant women often experience various physical discomforts, one of which is nausea and vomiting.

Nausea and vomiting are one of the discomforts of the first trimester experienced by nearly 50% of pregnant women. This condition, known as emesis gravidarum, often occurs in the morning when the stomach is empty. The main cause is hormonal changes, namely an increase in progesterone and estrogen hormones produced by Human Chorionic Gonadotropin (HCG) in the placental serum. In addition to hormones, other factors such as psychological and emotional adaptation, parity, excess stomach acid, and slowed peristaltic movement also trigger nausea and vomiting.

One of the risks that must be watched out for due to continuous emesis gravidarum is a lack of weight gain or even weight loss during pregnancy. To overcome this nutritional problem, additional nutritious intake is very necessary. One intervention that can be done is the administration of red bean porridge. Red beans are chosen because they have a very complete nutritional content, including protein, iron, carbohydrates, calcium, magnesium, phosphorus, and good fats that pregnant women need to increase their weight healthily.

Based on data from PMB Bd. Misni S.Tr, Keb, there was one pregnant woman in her first trimester who complained of nausea and vomiting (10%). Through this case study, the researcher wanted to determine the effectiveness of red bean porridge in increasing weight in pregnant women with emesis gravidarum. The porridge was given twice a day regularly to achieve optimal results.

## METHODS

This study is a case study of midwifery care using Helen Varney's 7-step management approach to treat pregnant women with emesis gravidarum. The subject of the study was a pregnant woman in her first trimester, Mrs. D (G1P0A0), aged 20 years, with a gestational age of 10 weeks and 4 days, who complained of nausea and vomiting and anxiety about her weight. The study was conducted at PMB Bd. Misni S.Tr, Keb, Pulo Bandring District, from June 15 to July 6, 2025, with visits once a week (a total of 4 meetings).

Data collection techniques were carried out in two ways: 1). Subjective Data: Obtained through direct interviews (anamnesis) related to complaints of nausea and vomiting in the morning, eating patterns, and the mother's level of anxiety about her physical condition. 2). Objective Data: Obtained through a complete physical examination, measurement of vital signs (blood pressure, temperature, pulse, respiration), and periodic weight measurements using medical scales to monitor the effectiveness of the intervention.

The main intervention provided in this care was the administration of red bean porridge as a nutritional supplement. Mrs. D was instructed to consume red bean porridge twice a day (morning and evening) with a serving size of one bowl during the study period. In addition to nutritional intervention, health education was also provided on adequate rest and fulfillment of other nutrients, such as protein and iron. Effectiveness analysis was conducted by comparing initial and final body weight and monitoring the decrease in the frequency of nausea and vomiting.

## RESULTS AND DISCUSSION

### Data Interpretation

Based on data interpretation, Mrs. D was diagnosed with G:1 P:0 A:0, aged 20 years, 10 weeks, and 4 days pregnant, with a single live fetus, and right back pain. The mother came in complaining of anxiety about her weight, as well as anxiety, nausea, and vomiting in the morning. The data also showed that Mrs. D was anxious about her current weight, often experienced nausea and vomiting in the morning twice a day and was afraid of losing weight during pregnancy. The needs of pregnant women with weight-related anxiety include information about the mother's condition, highly nutritious foods (protein, iron, carbohydrates), and support from family and health workers.

### Potential Diagnosis

Potential problems that may occur are psychological disorders (mild depression/anxiety) and morning sickness (nausea and vomiting in the morning). However, in Mrs. D's case, no potential diagnosis was found due to proper treatment and careful observation. Other

possible issues such as difficulty concentrating, sleep disturbances, depression, chronic fatigue, digestive problems, and decreased immunity, did not occur because they were properly managed.

### Planning and Implementation of Actions

Immediate measures taken in cases of pregnant women who are concerned about their weight include giving them red bean porridge twice a day (morning and evening) in portions of 1 bowl during pregnancy. Red beans are chosen because they contain protein, iron, vitamins, and carbohydrates needed to form good fats. Other beneficial nutrients in red bean porridge include potassium, magnesium, phosphorus, calcium, fiber, and healthy fats for pregnant women.

The action plan includes checking the mother's general condition and pregnancy, weighing her, informing her of the results, recommending adequate rest, and providing information on nutrition for pregnant women and red bean porridge. The action plan is carried out as planned, including monitoring weight.

### Evaluation of Results

Maternal care was provided once a week from June 15 to July 6, 2025 (a total of 3 visits). During the first visit, the mother was still anxious about her weight and often experienced nausea and vomiting in the morning. During the second visit, the mother's anxiety had decreased, and morning sickness was no longer frequent; she regularly consuming red bean porridge twice a day. During the third visit, the mother's condition had improved; she was no longer anxious and no longer experienced morning sickness. The examination results showed a weight gain of 3.95 kg (from June 15, 2025, to July 6, 2025), with a final weight of 60.18 kg. The midwifery care therapy was considered effective, efficient, and safe, so that Mrs. D's anxiety over nausea and vomiting could be overcome without any other complications.

### Documentation of care

Documentation of midwifery care for pregnant women in the first trimester experiencing emesis gravidarum, compiled using the SOAP/Varney format, which covers assessment to evaluation. This table forms the basis for the implementation of midwifery care for Mrs. D, carried out at PMB Bd. Misni, Pulo Bandring District.

**Table 1.** Subject Characteristics

Variable	Description
Mother's age	20 years old
Gravida/Para/Abortus	G1P0A0
Gestational age	11 weeks 4 days
Body weight	57.79 kg
Blood pressure	100/80 mmHg
Pulse	80 beats per minute

Respiratory rate	20 breaths per minute
Body temperature	37°C
Service Location	PMB Bd. Misni, Pulo Bandring Subdistrict

**Table 2.** Summary of Midwifery Care

Nursing Components	Description
Primary Complaint	Nausea and vomiting, especially in the morning, accompanied by anxiety.
Obstetric Diagnosis	Emesis gravidarum in the first trimester of pregnancy.
Primary Intervention	Education, eating small meals frequently, red bean porridge twice a day.
Care Objectives	Reducing nausea and vomiting and increasing nutritional intake.
Evaluation	The mother understands the education and is willing to follow the recommendations.

**Table 3.** Intervention and Mother's Response

Intervention	Frequency	Mother's Response
Consumption of red bean porridge	Twice a day	Mother began consuming regularly
Pregnancy nutrition education	Once a day	Mother understood the recommendations
Recommendation for adequate rest	Every day	Mother was willing to comply

## CONCLUSION

Based on the midwifery care provided to Mrs. D (G:1, P:0, A:0) at 10 weeks and 4 days of pregnancy, it can be concluded that the routine administration of red bean porridge twice a day (morning and evening) has proven effective in increasing weight and addressing the issues of emesis gravidarum and anxiety experienced by the mother. Through a series of care during three visits (June 15 - July 6, 2025), the mother showed positive health developments with a weight gain of 3.95 kg (reaching a total of 60.18 kg), a significant reduction in the frequency of nausea and vomiting, and the disappearance of anxiety. These results demonstrate that nutritional intervention using red bean porridge, rich in protein, iron, and carbohydrates, is a safe, effective, and efficient method to support the health of first-trimester pregnant women without causing other complications.

## ACKNOWLEDGEMENT

Pregnant women are advised to undergo regular antenatal care (ANC) checkups, either with a midwife or other health professionals, at least six times during pregnancy, and to adopt a healthy lifestyle by consuming a balanced diet containing protein, iron, and vitamins, meeting fluid requirements, getting adequate rest, and engaging in regular light physical activity. In addition, pregnant women need to limit their consumption of coffee, tea, and carbonated drinks, avoid cigarettes and alcohol, and maintain emotional stability through the support of

their husbands and families. To reduce nausea and vomiting, it is recommended to eat small amounts of food but more frequently to prevent an empty stomach, and to consume red bean porridge twice a day to help increase weight in cases of nausea and vomiting.

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