

Original Research Article

**COMPREHENSIVE MIDWIFE CARE IN MRS. "R" G2P1A0
SWELLING IN THE LEGS WITH HYDROTHERAPY**Sofa Fatonah^{1)*}, Chelvi Sri Wulan Suci²⁾, Sri Mujiwati³⁾, Yuliana¹⁾¹⁾Lecturer of STIKes Budi Luhur Cimahi, ²⁾Student of STIKes Budi Luhur Cimahi, ³⁾Clinic Field Supervisor "A"*Corresponding Author, Email : sofafatonah86@gmail.com**ABSTRACT**

Introduction. Swelling in the legs is one of discomforts that often occurs in third trimester pregnant women. Swelling of the legs occurs in about 80% of third trimester pregnant women, this condition is caused by uterine compression which inhibits venous return and the pull of gravity causing an increase in fluid retention, so that it requires care to reduce swelling in the feet, namely by doing hydrotherapy that you can do at home. According to the survey results during practice at Clinic "A" from January-February 2022, 128 pregnant women who made antenatal care (ANC) visits, 92 pregnant women in the third trimester, and 10 third trimester pregnant women who experienced swelling in their feet and did not know the cause. how to treat the swollen feet. The purpose of this case study is to be able to provide comprehensive midwifery care to Mrs. "R" G2P1A0 swelling in the feet with hydrotherapy at the clinic "A" Banjaran in 2022. **Methods.** The research method used a case study approach that was carried out on Mrs. "R" G2P1A0 started from 37 weeks 4 days of gestation until the mother used contraception. **Results & Analysis.** The results of the case studies carried out were giving the hydrotherapy care for 4 weeks with 5 times a week giving hydrotherapy with a frequency of 10 minutes, the water temperature was 38°C, so that the mother felt more comfortable and the swelling in the feet that she experienced was reduced. **Discussion.** The conclusion of this case study is that after hydrotherapy for 4 weeks with 5 times of hydrotherapy, the frequency of 10 minutes at 38°C water temperature reduced the swelling that the mother experienced. It is recommended to clinic "A" to be able to implement this hydrotherapy care as an effort to reduce the discomfort of the third trimester.

Keywords: Leg Swelling, Hydrotherapy**INTRODUCTION**

Fever that does not get special treatment is quite dangerous for pregnant women because it can cause problems with the heart, kidneys and so on, causing these organs to not function properly, disrupting daily activity patterns because of the discomfort in the swollen feet.

Then in addition to physical changes, Third trimester pregnant women will also experience psychological changes such as fear, worry, and anxiety and the worst thing is that swollen feet that are not treated can cause death (According to Tiara 2018).

One of the third trimester discomforts that pregnant women often experience is swelling in the legs. 80% of pregnant women experience leg swelling in the third trimester, which is caused by uterine compression which inhibits venous return and the pull of gravity which increases fluid retention. Swelling in pregnancy can be interpreted in various ways. For example, normal pregnancies have 40% swelling, hypertensive pregnancies (HDK) have 60% swelling, and pregnancies with hypertension and proteinuria have 80% swelling (pre-eclampsia-eclampsia).

According to the survey results during practice at Clinic "A" from January-February 2022, 128 pregnant women who made ANC visits, 92 third trimester pregnant women, and 10 third trimester pregnant women experienced swelling in their legs. Handling swollen feet, including avoiding tight clothing because it can block venous return, changing positions frequently, avoiding long standing or sitting, avoiding placing objects on your thighs because you will, sleeping on your left side to maximize blood vessels in both legs, and recommending foot massage. or foot massage and hydrotherapy. Foot soak therapy involves soaking the feet in warm water at 38°C for 10 minutes. Warm bath therapy was performed once a day for

five days, resulting in a significant reduction in the degree of lower leg swelling. Warm water has a good effect on the blood vessels, and causes the blood vessels to swell, indicating that the nerves in the soles of the feet are starting to function. Nerves in the legs connect to the heart, lungs, stomach, and pancreas, among other important organs. The water loading element will strengthen the muscles and ligaments that affect the joints of the body (Suandika, 2014).

Several previous studies conducted by Malibel et al, 2020 in the Work Area of the Sikumana Health Center, Kupang and Iikafah City 2016 in the work area of the Antara Tamalanrea Health Center, found that soaking the feet in warm water for 10-20 minutes at a temperature of 38°C-40°C is beneficial for dilating blood vessels. and produces a smooth blood flow so that the muscles can relax and will reduce edema and anxiety.

Midwifery care that can be given to pregnant women in the third trimester with swelling in the legs, namely: recommending mothers to do hydrotherapy/warm water soaks that you can do at home. The author chose the hydrotherapy method / soak feet in warm water because the method is easy, the materials and tools are very practical. If the swelling that does not get special

treatment is quite dangerous for pregnant women because it can cause problems with the heart, kidneys and so on, causing these organs to not function properly, disrupting daily activity patterns because of the discomfort in the swollen legs, then in addition to physical changes, third trimester pregnant women will also experience psychological changes such as fear, worry, and anxiety and the worst thing is that leg swelling that is not treated can cause death (According to Tiara 2018). From several journals found by the author, it can be concluded that hydrotherapy/warm water soak is very effective in reducing leg swelling because this hydrotherapy can improve blood circulation and can stretch the muscles so that the mother is more relaxed and the swelling experienced is reduced. Therefore, the authors suggest that mothers can soak their feet in warm water every week 5 times with a frequency of 10 minutes, the water temperature is 38°C.

Based on the initial assessment that the author did on Mrs. "R" the author is interested in providing comprehensive midwifery care and conducting midwifery documentation based on the initial assessment carried out on Ny. "R." It is intended that comprehensive care will help achieve the best possible maternal and child health.

METHOD AND ANALYSIS

The research method uses a case study approach. The subject used in this case study is one comprehensive patient from pregnancy to using family planning, namely Ny. R 37 weeks 4 days of gestation with swelling of the legs. Data collection tools used through interviews, observation and documentation studies. The place for taking the case study was carried out at the Banjaran "A" clinic starting from February 2022 to April 2022. The study has received approval from the Health Research Ethics Letter (KEPK) with letter number 86/D/KEPK-STIKes/IV/2022.

RESULT

In pregnancy Mrs "R" complained of swelling in the legs, this complaint is one of the discomforts of the third trimester. Efforts to overcome this are giving hydrotherapy for 4 weeks with 5 times a week giving hydrotherapy with a frequency of 10 minutes the water temperature is 38°C, so that the mother feels more comfortable and the swelling in the legs that she has experienced is reduced after hydrotherapy for 4 weeks, 5 times a week giving hydrotherapy with a frequency of 10 minutes with water temperature 38°C.

OBSERVASI HIDROTERAPI			
Date	Frekuensi	Time	Result
19-02-2022	10 Minute	5x	Mom said the swelling was reduced, felt comfortable and relaxed
26-02-2022	10 Minute	5x	Mom said the swelling is less
04-03-2022	10 Minute	5x	Mom said the swelling was reduced every week

Swelling in Third Trimester Feet

Provided care to the mother by giving hydrotherapy/warm water soak to reduce swelling in the legs. The hydrotherapy/warm water soak was carried out for 4 weeks with 5 times giving hydrotherapy with a frequency of 10 minutes for 5 days the water temperature was 38°C.

Swelling in the legs reduced after 4 weeks of hydrotherapy.

DISCUSSION

Swelling in the legs is one of the third trimester discomforts that often occurs in pregnant women. Swelling in the legs occurs due to uterine compression which inhibits venous return and the pull of gravity causes increased fluid retention. In addition, swelling in the legs is usually caused by the mother

sitting/standing for too long, sitting with her legs hanging, tight clothes and lack of exercise. Midwifery care that can be given to pregnant women in the third trimester with swelling in the legs, namely: recommending mothers to do hydrotherapy/warm water soaks that mothers can do at home with 5 times a week giving hydrotherapy with a frequency of 10 minutes the water temperature is 38°C. Research findings (Khotimah. 2015) support the notion that edema in pregnancy is caused by increased estrogen levels, which can lead to increased fluid retention. Handling swelling in the legs, namely avoiding wearing tight clothing that interferes with venous return, changing positions as often as possible, not sitting/standing too long, not sitting items on your lap or thighs that will hinder circulation, doing sports and soaking in warm water. Several previous studies conducted by Malibel et al, 2020 and Iikafah 2016, found that soaking the feet in warm water for 10-20 minutes at a temperature of 38°C-40°C is beneficial for dilating blood vessels and producing smooth blood flow, thus allowing muscles to relax. This is supported by research conducted by Akmal et al, 2010 and Ulya, 2017 which found that soaking the feet in warm water can improve blood circulation, reduce edema, increase muscle relaxation,

nourish the heart, relax muscles, reduce stress and anxiety, reduce pain and relieve stress, pain, and increase capillaries. After hydrotherapy for 4 weeks with 5 times giving hydrotherapy, a frequency of 10 minutes, the water temperature was 38°C, the swelling that the mother experienced was reduced.

CONCLUSION

Mrs. "R" experienced swelling discomfort in the legs in the third trimester and was given warm water bath care for 4 weeks with 5 times a week giving hydrotherapy with a frequency of 10 minutes the water temperature was 38°C. From the results of the upbringing, it was found that Mrs. R feels more comfortable and the swelling in his feet is reduced after hydrotherapy.

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