



CASE REPORT OF MIDWIFERY CARE IN ADOLESCENTS WITH DYSMENORRHEA AT DR. ADHYATMA HOSPITAL, MPH SEMARANG

Arbainur Indahriani¹, Dewi Puspitaningrum², Nuke Devi Indrawati³, Indri Astuti Purwanti⁴

Midwife Professional Education Department, Faculty of Nursing and Health, University of Muhammadiyah Semarang^{1,2}

Diploma Midwifery Department, Faculty of Nursing and Health, University of Muhammadiyah Semarang^{2,4}

Email: indahrianiarbainur@gmail.com

ABSTRACT

Background: The World Health Organization (WHO) reported in 2018 that the incidence of dysmenorrhea was 90% in women and 10-15% of them experienced severe dysmenorrhea. In 2019 the incidence of dysmenorrhea was 55% among productive age, of which 15% complained of limited activity due to dysmenorrhea. In Indonesia, around 45-95% of women of productive age experience dysmenorrhea. In 2020 the incidence rate in Central Java was 56% experiencing primary dysmenorrhea and 44% experiencing secondary dysmenorrhea. The prevalence of dysmenorrhea that occurs in adolescents in Semarang City is 87.8% experiencing dysmenorrhea. Objective: To be able to carry out midwifery care in adolescents with dysmenorrhea using the 7 steps of Varney. Methods: The writing method used by the author, by collecting data by interview, physical examination, observation, literature study, and documentation. Conclusion: in the application of care, the care provided is in accordance with that given to the patient, so there is no gap between theory and practice in the field.

Keywords: adolescent, dysmenorrhea

INTRODUCTION

The World Health Organization (WHO) reported in 2018 that the incidence of dysmenorrhea was 90% in women and 10-15% of them experienced severe dysmenorrhea. In 2019 the incidence of dysmenorrhea was 55% among productive age, of which 15% complained of limited activity due to dysmenorrhea. In Indonesia, around 45-95% of women of productive age experience dysmenorrhea. In 2020 the incidence rate in Central Java was 56% experiencing primary dysmenorrhea and 44% experiencing secondary dysmenorrhea. The prevalence of dysmenorrhea that occurs in adolescents in the city of Semarang is 87.8% experiencing dysmenorrhea. Dysmenorrhea is pain during menstruation, usually characterized by a feeling of cramps centered in the lower abdomen. Complaints associated with menstrual pain can vary from mild to severe. The severity of menstrual pain is directly related to the length of menstruation and the amount of blood during menstruation, menstruation is almost always accompanied by heartburn or pain.

AIMED

The writing method used by the author, by collecting data by interview, physical examination, observation, literature study, and documentation.

BENEFIT

Able to carry out midwifery care in adolescents with dysmenorrhea using the 7 steps of Varney.

METHOD

In the study of case reports, midwifery care was carried out using a midwifery management approach and documentation through SOAP. Data were obtained by means of interviews, physical examination, observation, and literature study.

PATIENT INFORMATION

Based on the results of the case of midwifery care carried out on Ms. S aged 18 years with primary dysmenorrhea at Dr. Adhyatma Hospital, MPH Semarang, the main problem was that she was on the 2nd day of menstruation complaining of lower abdominal pain, soreness in the waist, dizziness, nausea, and vomiting, vomiting and feeling weak and uncomfortable with the current situation. Based on the complaints felt by Ms. S experienced primary dysmenorrhea with a pain scale of 7-9 (severe pain) in the study (Yuniza, Novayanti and Suzana, 2021) according to Ms. S, pain radiates to the waist, thighs or back, no appetite, nausea, weakness, unable to move, unable to concentrate on studying.

CLINICAL FINDING (FOCUS DATA)

On physical examination, it was found that general condition: good, consciousness: mcomposmentis, BTv: BP: 110/80 mmHg, N: 82x/minute, S: 36.8oC, RR: 19x/minute. Height : 155cm, Weight 49 kg on the



2nd day of menstruation complaining of lower abdominal pain, soreness in the waist, headache, nausea, wanting to vomit and feeling weak and uncomfortable with his current situation. Based on the complaints felt by Ms. S has primary dysmenorrhea with a pain scale of 7-9 (severe pain).

TIMELINE

The patient came to the Emergency room of Dr. Adhyatma Hospital, MPH Semarang at 16.00 WIB complaining of lower abdominal pain, soreness in the waist, headache, nausea, wanting to vomit and feeling weak and uncomfortable with his current situation. Therapy has given to Ms. S 18 years old given injection of 1 ampoule of ketorolac, 1 ampoule of ranitidine and 3x1 mefenamic acid therapy, 1x1 Fe tablet.

DIAGNOSTIC ASSESTENT

Ms.S aged 18 years with primary dysmenorrhea.

THERAPEUTIC INTERVENTION

The management provided is to make informed choice and informed consent, encourage patients to maintain a healthy diet, get enough rest, sports such as walking, warm compresses on the waist, relax by inhaling aromatherapy and listening to music. The drug therapy given to Ms. S, aged 18, was given 1 ampoule of ketorolac injection, 1 ampoule of ranitidine and 3x1 mefenamic acid therapy, 1x1 Fe tablet to take home.

FOLLOW UP AND OUTCOME (PROGRESS DATA)

On 05-08-2022, Ms.S felt she was still in pain and continued to take the medication and was given care to avoid stress that causes anxiety, having a regular diet, getting enough rest, exercising regularly, reducing seafood consumption and consuming fatty foods can increase prostaglandin hormone that can cause pain in the lower abdomen or dysmenorrhea. Evaluation: Ms. S is willing to do it.

On 06-08-2022 made a return visit and Ms. S said the pain had reduced.

DISCUSSIONS

The management given to Ms. S 18 years old given injection of 1 ampoule of ketorolac, 1 ampoule of ranitidine and 3x1 mefenamic acid therapy, 1x1 Fe tablet. Based on research of (Febriana et al., 2021) that ketorolac is a class of drugs that has analgesic (pain reliever), antipyretic (fever-reducing), and anti-inflammatory.

The dysmenorrhea experienced by Ms.S is pain from the lower abdomen to the waist that occurs because Ms.S does not exercise, often eats junk food, and sleeps irregularly. This is the same as the results of research (Cetin, 2020) macroscopic pelvic pathology. Usually, it occurs within the first few weeks after menarche. In primary dysmenorrhea, the pain is usually localized in the suprapubic area in the form of cramps or spasms. Pain begins with menstruation and ends in 48-72 hours. The incidence of dysmenorrhea will increase in women who do not exercise enough, so that when women experience dysmenorrhea, oxygen cannot be delivered to the blood vessels of the reproductive organs at which time vasoconstriction occurs. Menstruation duration is more than normal, causing uterine contractions, occurring longer resulting in the uterus contracting more often and more prostaglandins being secreted. Another factor that can also cause primary dysmenorrhea is the consumption of fast food. Students have a diet that tends to prefer to buy junk food that is cheaper, delicious, and easy to get without thinking about the nutrients contained in the food.

PATIENT PERSPECTIVE

In this case the patient did not share any experience because this is the first experience of dysmenorrhea.

INFORMED CONSENT

In this case, informed consent was given orally.

AUTHORS' CONTRIBUTIONS

Study conception and design by arbainur Indahriani, data collection by arbainur Indahriani, analysis and interpretation of result by Dewi puspitaningrum, nuke devi indrawati, indri astusi purwanti manuscript preparation by arbainur Indahria ni.

ACKNOWLEDGMENTS

To Ms. S who is willing to be a respondent, to Dr. Adhyatma Hospital, Mph Semarang as a research place and Unimus who has facilitated this research.

BIBLIOGRAPHY

- Abarca, R.M. (2021) 'Penurunan Skala Nyeri Dismenorea', *Nuevos sistemas de comunicaci3n e informaci3n*, 2, pp. 2013–2015.
- Ammar (2016) 'Faktor Resiko Dismenore Primer Pada Wanita Usia Subur Di Kecamatan Tambaksari', *Berkala Epidemiologi* [Preprint].
- Andika, M. dkk (2019) 'Penyuluhan Pemberian Foot Massage Terhadap Perubahan Intensitas Nyeri Pada Pasien Post Operasi Di Ruang Bedah



- Wanita Rsup. Dr. M. Djamil Padang', Jurnal Abdimas Saintika, 1(1), pp. 1–8.
- Anggraini, M.A., Lasiaprillianty, I.W. and Danianto, A. (2022) 'Diagnosis dan Tata Laksana Dismenore Primer', *Cermin Dunia Kedokteran*, 49(4), p. 201. Available at: <https://doi.org/10.55175/cdk.v49i4.1821>.
- Anurogo, D. (2015) *Cara Jitu Mengatasi Nyeri Haid*. Edited by D. Anurogo. Yogyakarta.
- Aprianti, A., Shaluhiah, Z. and Suryoputro, A. (2018) 'Fenomena Pernikahan Dini Membuat Orang Tua dan Remaja Tidak Takut Mengalami Kehamilan Tidak Diinginkan', *Jurnal Promosi Kesehatan Indonesia*, 13(1), p. 61. Available at: <https://doi.org/10.14710/jpki.13.1.61-73>.
- Armour M (2019) 'Self-Care Strategies and Sources Of Knowledge on Menstruation in Young Women With Dysmenorrhea'.
- aswatun, H.N. (2020) 'efektivitas kompres hangat untuk menurunkan tingkat nyeriterhadap klien'.
- Aulya, Y., Kundaryanti, R. and Rena, A. (2021) 'Hubungan Usia Menarche dan Konsumsi Makanan Cepat Saji dengan Kejadian Dismenore Primer Pada Siswi Di Jakarta Tahun 2021', *Jurnal Menara Medika*, 4(1), pp. 10–21.
- Cetin, A. (2020) 'Evaluation of Biological and Sociodemographic Factors Affecting Dysmenorrhea', *Cureus*, 12(5). Available at: <https://doi.org/10.7759/cureus.7977>.
- Dianda, A. (2018) *Psikologi Remaja dan Permasalahannya*.
- Dismenore, D. (2021) '2)* 2)', pp. 1–7.
- Febriana, A. et al. (2021) 'Perbandingan efektivitas ketorolac, deksketoprofen, dan parasetamol dalam mengurangi rasa nyeri dengan menggunakan penilaian visual analogue scale (VAS) pada pasien pasca pembedahan ortopedi ekstremitas inferior di RSUD Nganjuk, Jawa Timur, Indonesia', *Intisari Sains Medis | Intisari Sains Medis*, 12(1), pp. 370–373. Available at: <https://doi.org/10.15562/ism.v12i1.957>.
- Hikamah, N. (2018) 'Pengaruh Pemberian Masase Effleurage Menggunakan Minyak Aromaterapi Mawar Terhadap Penurunan Intensitas Nyeri Dismenore Pada Remaja Putri', *Journal of Issue in Midwifery* [Preprint].
- Hikma, Y. dkk (2021) 'Hubungan Kualitas Tidur dengan Dismenore Primer pada Santriwati Pondok Pesantren Sabilurrosyad Malang di Masa Pandemi Covid-19', *Conference.Um.Ac.Id*, (April), pp. 134–138. Available at:
- <http://conference.um.ac.id/index.php/psi/article/view/1116>.
- Horman, N., Manoppo, J. and Meo, L.N. (2021) 'Faktor-Faktor Yang Berhubungan Dengan Kejadian Dismenore Primer Pada Remaja Puteri Di Kabupaten Kepulauan Sangihe', *Jurnal Keperawatan*, 9(1), p. 38. Available at: <https://doi.org/10.35790/jkp.v9i1.36767>.
- Husna, H. (2018) 'Perbedaan Intensitas Nyeri Haid Sebelum dan Sesudah Diberikan Kompres Hangat Pada Remaja Putri', *Quality in Womens Health* [Preprint].
- Ivon Valentin Mandagi, Munir Salham and Herlina Yusuf (2020) 'Pengetahuan Remaja Putri tentang Manfaat Tablet FE dalam Upaya Pencegahan Anemia di SMAN 6 Model Sigi', *Jurnal Kolaboratif Sains*, 3(5), pp. 252–255. Available at: <https://doi.org/10.56338/jks.v3i5.1723>.
- Krsitianingsih, A. (2016) 'Faktor Resiko Dismenore Primer Pada Siswi Sekolah Menengah Pertama', *Ilmu Kesehatan* [Preprint].
- Lestari, P. and Wahyuningsih, S.S. (2021) 'Hubungan Polifarmasi dan Potensi Interaksi Obat Ranitidin Pasen Rawat Inap di RSUD Ir . Soekarno Sukoharjo Relation Of Polypharmacy and The Potential Interactios of Ranitidine Drug Patients in RSUD Ir . Soekarno Sukoharjo', *IJMS – Indonesian Journal On Medical Science*, 8(1), pp. 32–38.
- Lilyawati, S.A., Fitriani, N. and Prasetya, F. (2019) 'Proceeding of Mulawarman Pharmaceuticals Conferences', *Proceeding of Mulawarman Pharmaceuticals Conferences*, (April 2021), pp. 135–138. Available at: <http://prosiding.farmasi.unmul.ac.id/index.php/mpc/article/view/416/399>.
- Maidartati, dkk (2018) 'Efektivitas Terapi Kompres Hangat Terhadap Penurunan Nyeri Desmenore Pada Remaja', *Keperawatan*, VI No 2.
- Marmi (2014) *Kesehatan Reproduksi*. Edited by Marmi. Yogyakarta: Pustaka Belajar.
- Morgan & Hamilton (2016) *Obstetri dan Genekologi Panduan Praktik*.
- Mubarak, wahit iqbal (2015) *ilmu keperawatan dasar*. jakarta.
- Nugroho (2018) *Patologi Kebidanan*. Edited by Nugroho. patologi kebinan ketuban pecah dini.
- Pramardika, D.D. dan F. (2019) *Panduan Penanganan Dismenore*. Edited by D.D. dan F. Pramardika. Yogyakarta: Deepublish.



- R. Herawati (2018) 'Faktor-Faktor yang memengaruhi kejadian nyeri haid pada siswi madrasah aliyah negeri pasir'.
- Rika, C. (2021) 'Pemilihan Terapi Konservatif dan Operatif pada Endometriosis', *Jurnal Kedokteran Syiah Kuala*, 21(1), pp. 64–73. Available at: <https://doi.org/10.24815/jks.v21i1.19725>.
- Rosyida Desta Ayu Cahya (2019) *Kesehatan Reproduksi Remaja dan Wanita*. Edited by Rosyida Desta Ayu Cahya. Yogyakarta: Deepublish.
- RSUD Tugurejo Semarang (2022) Data rekam medik.
- Sadiman, S. (2017) 'Analisis Faktor yang Berhubungan dengan Kejadian Dismenorea', *Jurnal Kesehatan*, 8(1), p. 41. Available at: <https://doi.org/10.26630/jk.v8i1.392>.
- Salamah, U. (2019) 'Hubungan Pengetahuan dan Sikap Remaja Putri terhadap Perilaku Penanganan Dismenore', *Jurnal Ilmiah Kebidanan Indonesia*, 9(03), pp. 123–127. Available at: <https://doi.org/10.33221/jiki.v9i03.382>.
- Saputra, Y.A., Kurnia, A.D. and Aini, N. (2021) 'Pengaruh Pendidikan Kesehatan terhadap Upaya Remaja untuk Menurunkan Nyeri Saat Menstruasi (Dismenore Primer)', *Jurnal Kesehatan Reproduksi*, 7(3), p. 177. Available at: <https://doi.org/10.22146/jkr.55433>.
- Sari, H. and Hayati, E. (2020) 'Gambaran Tingkat Nyeri Dismenorea Pada Remaja Putri', *BEST Journal (Biology Education, Sains and Technology)*, 3(2), pp. 226–230. Available at: <https://doi.org/10.30743/best.v3i2.3284>.
- Setyowati, H. (2018) *Akupresur Untuk Kesehatan Wanita*. Akupresur Untuk Kesehatan Wanita.
- Sumartini (2017) 'Hubungan Dysmenorrhea dengan Prestasi Belajar Mahasiswa Jurusan Keperawatan'.
- Vahedi, M. et al. (2021) 'Comparison of effect of auriculotherapy and mefenamic acid on the severity and systemic symptoms of primary dysmenorrhea: a randomized clinical trial', *Trials*, 22(1), pp. 1–13. Available at: <https://doi.org/10.1186/s13063-021-05622-w>.
- Yuniza, Y., Novayanti, W.C. and Suzana, S. (2021) 'Pengaruh Abdominal Stretching Exercise Terhadap Penurunan Nyeri Haid Pada Remaja', *Masker Medika*, 9(1), pp. 365–371. Available at: <https://doi.org/10.52523/maskermedika.v9i1.440>.
- Zivanna, A.& W. (2017) 'Dismenorea Primer Pada Mahasiswi Fakultas Kedokteran Universitas Udayana'.