

FAMILY PLANNING MIDWIFERY CARE FOR MRS. "S" AN ACCEPTOR OF 3-MONTH INJECTION CONTRACEPTION WITH COMPLAINTS OF CEPHALGIA

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A B S T R A C T

Background: Family planning is an effort to regulate child birth and the ideal age interval for childbirth, regulate pregnancy through promotion, protection, and assistance in accordance with reproductive rights to realize a quality family. Purpose: to compile this final report to provide family planning midwifery care to NY "S" with complaints of cephalgia at the Bungi Health Center, Baubau City. Subject: The subject in the case study of the mother is a 3-month KB Injection acceptor with Cephalgia Complaints at the Bungi Health Center. Method: used in compiling this final report is a case study model, with a seven-step Varney and SOAP approach. Data collection techniques use interview techniques, physical examinations, and documentary studies. Results: Based on the results of the 7-step Varney and SOAP case studies used for the process of solving obstetric problems, it can be concluded that Mrs. "S" with a breech presentation at the Bungi Health Center. Conclusion: from the care given to NY "S", appropriate care has been provided so that the problems experienced by the mother have been resolved. Advice for the mother after changing contraception is that the mother should always check her health at the health center or hospital.

INTRODUCTION

Family Planning is a program that aims to improve the quality of life of children, adolescents, and the elderly through assistance, support, and donations in accordance with fertility laws. Medroxyprogesterone acetate (DMPA), also known as the 3-month injection, is a type of medication used to treat childbirth. The 3-month injection is an injectable food supplement that is given every three months and always contains progesterone.(Arsesiana et al, 2022)

The main reason why KB acceptors do not understand the impact of 3-month KB injections is the lack of information. As a result, KB's understanding of the impact of sampling for three months is inadequate. Given that many KB acceptors experience fear and anxiety due to the side effects of the contraceptives in question, it is very important for KB acceptors to understand the impact of 3-month KB injections.(Arsesiana et al, 2022)

The 3-month contraceptive injection contains depo-provera, a liquid suspension with microcrystals of depot medroxyprogesterone (DMPA), a progestin that reduces LH production and FSH and LH hormone levels.(Santika & Abdullah, 2023)

One of the goals of the family planning program is to improve the quality of the group to be safer, more peaceful, and more hopeful during the program, thereby fostering inner well-being and helping to improve external well-being.(Santika & Abdullah, 2023)

Based on WHO data in 2020, in 2019 there were 1.9 million women of childbearing age (15-49 years), 1.1 million of whom were homeless, 842 million used contraceptives and 270 million still needed assistance. Contraception. In the global context, the Sustainable Development Goals (SDGs) are 75.7%. Between 2000 and 2019, the prevalence of modern attitudes among suburban communities worldwide increased by about 2.1 percentage points, from 55.0% to 57.1%.(Narulita et al., 2023)

The high proportion of KB acceptors in the 3-month KB injection was not influenced by factors that usually interfere with the ability of KB patients to use contraception. When choosing a contraceptive method, you should consider three factors: your partner, your health, and the contraceptive method. Furthermore, the study showed that the source of information is also a factor in choosing the analysis method. As many as 35 (100%) answered that they had received information, and most respondents (26 or 74.3%) had received information.(Andriani & Hartinah, 2018)

According to research(Dwi, et al. 2019)Regarding the acceptor's description, it is stated that the use of hormonal injections causes hormonal imbalance, so that the endometrial wall becomes more sensitive to the growth of bleeding.(Hariati et al., 2020)

Meanwhile, according to research (Fitri, 2020) It is known that the use of 3-month contraceptive injections can cause side effects in the form of dizziness/headaches. (Hariati et al., 2020)

The results of the study showed that 37% of participants who used birth control injections for three months experienced headaches. This is in accordance with Suratun's statement (2019) which states that headaches in the use of birth control injections for three months are likely caused by the body's response to progesterone which causes fluctuations in the estrogen hormone (which causes suppression) and progesterone which causes the formation of the estrogen hormone. air. absorbed, causing changes in the body that cause pressure on the brain and nerves. (Sari, 2021)

According to this study, 33% of recipients of the three-month contraceptive injection experienced pain. This is in line with Varney's (2020) study which stated that the use of injections for a period of three months for pain is caused by congenital conditions that previously affected the skin, such as: B. colic. Any woman who starts using Depo Provera should be well aware of the possibility of pain, aches, and cramps in the body. (Sari, 2021)

One of the problems that affect satisfaction in using contraceptive devices and techniques is the occurrence of side effects. The two most commonly used technologies are injections and pills, both of which have sampling effects. The sampling effect found with the highest proportion is headache, around 1.6% in pill recipients and 2.6% in injection recipients. Unlike other types of contraception, injection acceptors have a more pronounced effect. (Rima Eka Pratiwi et al., 2023)

Family Planning (KB) is an important and basic preventive health service program for women. Side effects of using injectable birth control include physical changes due to the use of certain methods, but do not necessarily have a serious impact on the health of the user, such as pain in the middle of the cycle, headaches, or a feeling of heaviness. body.. (Rimah wahyu, 2020)

Therefore, the selection of effective and appropriate treatment must be done through various steps, including consultation with a doctor or other qualified person. The exchange of information between prospective recipients and health workers includes information on general physical conditions such as diseases that reduce the amount of moisture due to contraceptive use and tuberculosis. (Scientific & Rustida, 2023)

Based on statistics from the province of Southeast Sulawesi, non-MKJP communities appear to be the group most likely to use contraceptives such as injections and pills. The most widely used contraceptives in 2018 were 150,745 injectable contraceptives, and the most widely used were 1,377 MOP contraceptives. In 2019, the most widely used contraceptives were 150,274 and the most widely used contraceptives were 1,358 KB Pataca. In 2020, 151,096 injectable contraceptives were used.

The most popular MOP KB was 1,231, while the most popular injectable KB was 151,539 in 2021. The number of users of injectable KB in 2022 was 96,781. (Utami et al., 2023) The results of the data collected at the Bungi Health Center in Bau-Bau City in 2020 showed that the number of people using 3-month contraceptive injections was 145 people, and since 2021-2022 there have been 156 people and 120 people experienced cephalgia, and from March 1 to March 2024 there were 12 out of 25 people using 3-month contraceptive injections.

Initial data of the patient's condition with good general condition, composimetric awareness, the patient's current age is 29 years, Mrs. "S" has been using 3-month injection contraception for 1 year, the history of complaints experienced by Mrs. "S" during the 3-month injection contraception is cephalgia, Mrs. "S" last menstrual history was January 30, 2024, the mother's current weight is 52 kg and her height is 154 cm.

The results of the data collected at the Bungi Health Center in Baubau City in 2020 showed that 145 people had used 3-month contraceptive injections, and 156 people had used cephalgia since 2021-2022, and 120 people had experienced cephalgia from 1 to March 2024. Out of 25 people who used 3-month contraceptive injections, 12 experienced cephalgia.

Initial data of the patient's condition with good general condition, composimetric awareness, the patient's current age is 29 years, Mrs. "S" has been using 3-month injection contraception for 1 year, the history of complaints experienced by Mrs. "S" during the 3-month injection contraception is cephalgia, Mrs. "S" last menstrual history was January 30, 2024, the mother's current weight is 52 kg and her height is 154 cm.

METHODOLOGY

This study uses a descriptive method with a case study approach. Formal research methods can be used to study a case. Review the case study "Obstetric Family Planning Services for Mrs. "S", a 3-month injection KB acceptor with complaints of cephalgia" using the Varney 7 Steps and SOAP

methods. Subjective data contains documentation of information from the Health History and interview results with Mrs. "S". Objective data contains documentation obtained from the results of physical examinations and diagnostic tests that are the focus of data to support the provision of care. Analysis contains information about the identification process obtained from the results of subjective and objective data. Management contains documentation that explains the planning of actions that will be carried out immediately.

RESULTS & DISCUSSION

Subjective Data

Mrs. "S" will visit Bungi on February 29, 2024 at 09.30 WITA, age 29 years. The mother went to the Bungi Health Center complaining of a headache and said she wanted support. According to the mother, she had been using an injectable contraceptive for three months since May 6, 2023. While using the contraceptive, the mother also reportedly experienced a headache or headache. The mother's purpose in using the contraceptive injection was to describe the condition, and the mother stated that she had two children, a boy and a girl.

Objective Data

The results of the examination showed good general condition, *compos mentis* consciousness, vital signs showed blood pressure 110/70 mmHg, pulse 80 x / I, Temperature 36.30C, Respiration 20 x / I, Height 153 cm, Weight 50 kg. The results of the examination showed no lumps on the head, no edema on the face, and no *cloasma gravid*. The sclera was not jaundiced, the conjunctiva of the eyes was still young, there were no polyps and nasal discharge. The teeth and mouth were not cavities or missing teeth, the lips were moist, the left and right breasts were symmetrical, the nipples protruded, not tender, not lumpy and *colostrum* when the nipples were squeezed. There were no surgical scars on the abdomen. Genitalia was not performed.

Analysis

Acceptors of 3-monthly injection contraception with complaints of cephalgia.

Management

Based on subjective and objective research and analysis, the analysis proposed here does not require immediate action or collaboration if there is no evidence to reveal it. The author explains to the reader the advantages and disadvantages of using the three-month injection birth control method. Very effective in preventing long-term pregnancy, does not affect the relationship between husband and wife, does not affect breast milk, does not need to store drugs and few side effects are just some of the benefits of quarterly birth control injections. However, the end result of monthly injections is menstrual cycle disorders, weight gain and headaches, while their effects on the cardiovascular system are very mild and can cause increased insulin levels and decreased blood flow. Atherosclerosis. And increased blood metabolism. Erectile pain in response to vaginal secretion injections.

In addition, the author also explained to the mother that cephalgia is a common symptom or complaint for users of 3-month injection contraception in order to adjust and it is temporary. And inform the mother every time she will carry out the action that will be given to her, such as giving an injection of depo progestin 150 mg intramuscularly 90.

DISCUSSION

Subjective Data

Mrs. "S" aged 29 years visited the Bungi Health Center on February 29, 2024 at 09:30 WITA. The mother came to the Bungi Health Center with complaints of Cephalgia. Every twelve months, Depo Medroxy progesterone acetate (DMPA) is given in large amounts intramuscularly. Cephalgia, also known as headache, is a discomfort that can occur anywhere, even in the neck, or face. The mother said that eating three times a day which is given Nutrition rice, vegetables, and side dishes is the best indicator of daily habits. Defecation 2-4 times a day, 1-2 times a day and no disturbances during bowel movements and urination. We rest, sleep 6-8 hours at night and take a nap \pm 2 hours. Personal hygiene: change clothes twice a day, wash your hair twice a day, brush your teeth twice a day, take a shower and brush your teeth twice a day. Sweeping, cleaning, washing and cooking are the activities of a housewife.

In the family, women play various roles, namely as wife, mother or even child.(Kamila, 2020)Each of the above roles performs tasks that are compatible with each other. Given the many roles of women in this group, it is important to emphasize that women or mothers must be in good health.(Qosim, 2022)Housewives engage in activities that focus on economic security, family security, or activities that simply utilize free time to improve family welfare.(Wibawa & Wihartanti, 2018)It is important to ensure the health of the woman or child before trying to maintain their health.(Minarti 2021)

Objective Data

The mother came to the Bungi Health Center with complaints of Cephalgia and said she wanted to change to another contraceptive. The use of 3-month injection contraceptives usually results in headaches or cephalgia. Therefore, an explanation must be given to the closest people who want to abort their pregnancy and to the acceptors who want to abort their pregnancy so that they have time. The examination results were normal, such as TTV at normal blood pressure, BP 110/70 mmHg, N 80x / i, S 36.5C, and P 20x / i. After improvements were made at several visits to the mother, the analysis results showed that the parameters measured were: height 153 cm, weight 50 kg, temperature 36.50 ° C, breathing 20 x / I, pulse 80 x / I and blood pressure 110. 70 mmHg, Physical examination. Has been examined from head to toe and the results are within normal limits. Physical examination is objective data collected through an examination method, which is a systematic observation process carried out from head to toe (Varney, 2017). In this case, physical examination includes conditions, VC, height and weight, and examination from head to toe.

Analysis

Acceptors of 3-monthly injection contraception with complaints of cephalgia. For three months, injectable contraceptive acceptors will experience side effects such as dizziness or headaches. Symptomatic treatment (relieving symptoms) can be used to treat dizziness/headaches; for example, pain relievers can be used for dizziness/headaches.(Amalia Yunia Rahmawati 2020)

This headache is temporary and disappears after the first and second injections. Internal headaches can occur in about 1-17% of acceptors. Pus and headaches are caused by the body's response to progesterone, causing estrogen hormones to fluctuate (producing pressure), and progesterone regulates air, causing body cells to shift and put pressure on nerves. Brain. Most patients experience side effects for three months.(Sevi, 2023)

Headaches from the use of the three-monthly injection are likely caused by underlying conditions that have affected the skin, such as: B. Migraines. Every woman who uses Depo Provera should be aware of the possibility of headaches.(Full Moon 2022)

Management

Based on the research data, both subjectively and objectively, and the analysis, the management given in this case does not require collaboration or referral because there is no supporting data. The mother said that she became a 3-month injection contraceptive acceptor since May 6, 2023, the mother said that she had not had menstruation since the injection, which was for 3 months, the mother said that she wanted to change to another contraceptive.

Every 12 months, Depo Medroxy progesterone acetate (DMPA) is given intramuscularly with relaxation. Cephalgia, also known as headache, is an uncomfortable feeling that can occur anywhere, even in the neck, back of the head, or face.

The statement must be submitted to the buyer who wants to terminate the pregnancy and wants to terminate the pregnancy in the near future. Therefore, the use of injections within a period of three months is commonly referred to as a headache or headache.

Furthermore, in this way, the husband provides access to health services and consistently discourages the wife from undergoing health monitoring as a method of detecting and treating health complications, even though it provides much-needed environmental benefits.(Sudirman 2019)

Patients at the General Ahmad Yani Metro Saraf Regional General Hospital (RSUD) numbered 78 people and there were 10 serious illnesses in 2021. However, headaches are a health problem that must be recognized and treated so that patients can feel comfortable. Headaches or also called headaches are a condition that is often experienced by the general public. Headaches are not a disease because they indicate organ disease (neurological), stress response, vasodilation (migraine), bone pain.

There are several causes of headaches (cephalgia), and research shows that one of the causes is a person's temperament or emotional state. This headache is caused by blood causing contraction of the brain's blood vessels caused by increased serotonin levels and subsequent vasodilation. This condition affects daily life events.

The author explained to the mother that it is a common symptom or complaint for users of 3-month injection contraception in order to adjust and it is temporary. In addition, the author also explained to the mother about how it works, the disadvantages and advantages of the 3-month injection contraception method, namely: How it works prevents ovulation increases sperm penetration ability Makes the uterus thin and permanent loan atrophy prevents gamete transport by the tubes.

Advantages: very effective, long-term pregnancy prevention, does not affect women's family relationships, does not affect breast milk, no need to change drugs. Few side effects.

Disadvantages: Menstrual cycle disorders, weight gain, headaches and the impact on the cardiovascular system is very serious. Insulin levels can increase and HDL cholesterol can decrease, which can cause serious atherosclerosis in the blood. It can slow down blood metabolism, causing pain in response to injections and vaginal discharge. One of the goals of the family planning program is to improve the quality of the group to be safer, more peaceful and more hopeful during the program, thereby helping to increase inner happiness and outer well-being.(Santika & Abdullah, 2023).

CONCLUSION

Based on research on the management of obstetric patients with 3-month KB with amenorrhea at the Wajo Health Center in Baubau City, baseline data identification was carried out on Mrs. "S", a woman who received a KB injection for headaches for 3 months. at the Bungi Health Center. Center Baubau City which was carried out by collecting subjective and objective data in full. The diagnosis or problem of NY "S" was actually the recipient who was injecting a 3-month contraceptive and complained of a headache. There would be no potential problems for people who received Planned Parenthood "S" in New York for three months during the holidays. Based on the findings of the study, there is no data to support rapid and collaborative action. Care by midwives, action plans for Mrs. The letter "S", a 3-month KB injection acceptor suffering from headaches at the Bungi Health Center in Baubau City, based on objectives and criteria that are difficult to meet. At the Bungi Health Center in Baubau City, obstetric services were provided according to the care plan for Mrs. "S" who had undergone a 3-month KB injection. At the Bungi Health Center in Baubau City.

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