

## FAMILY PLANNING MIDWIFERY CARE FOR MRS. "Y" A COMBINED ORAL CONTRACEPTIVE USER WITH HEADACHE COMPLAINTS AT WOLIO HEALTH CENTER

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### A B S T R A C T

**Background:** Contraception is a method to prevent pregnancy that occurs due to the meeting of a mature egg and sperm. Oral contraception contains hormones, either in the form of a combination of progestin and estrogen hormones or only progestin hormones. **The subject** of this care is Ms. "Y," a 32-year-old user of the Combined Oral Contraceptive Pill, who was comprehensively treated at Wajo Health Center, Baubau City. **Objective:** This Final Assignment Report aims to provide midwifery care related to family planning services to Ms. "Y," a user of the Combined Oral Contraceptive Pill, who experienced headaches at Wolio Health Center, Baubau City. **Method:** This research is a case study using the Varney 7-step management approach and SOAP, which includes basic data collection, basic data interpretation, identification of actual and potential problems, immediate actions, care planning, implementation, and evaluation. **Results:** From the case study obtained from Mrs. "Y", with complaints of headaches, the general condition of the mother was good, weight 52 kg, vital signs blood pressure 120/70 mmHg, pulse 80 x/min, respiration 20 x/min, temperature 36.5 °C. **Conclusion:** From this case, it can be concluded that appropriate midwifery care was provided, thus resolving the headache issue.

## INTRODUCTION

Contraception is a method used to prevent pregnancy resulting from the meeting of sperm cells and mature egg cells. Oral contraception contains hormones, either in the form of a combination of progestin and estrogen hormones or only progestin hormones. (Safitri, 2023)

Combination contraceptive pills are a method of contraception that use hormonal pills containing estrogen and progestin. This pill works by inhibiting ovulation (the release of an egg from the ovary) and making cervical mucus thicker, thereby preventing sperm from reaching the egg. In addition, combination pills also alter the uterine environment, making it unfavorable for implantation (the embedding of pregnancy). Meanwhile, headaches are a symptom that can be experienced by some individuals using combination pills. (Pratiwi & Rivianica, 2021)

The side effects of using birth control pills include menstrual cycle disturbances, weight gain, the emergence of acne, chloasma (brownish-black spots on the face), and hypertension. Combination contraceptive pills can cause side effects such as dizziness or headaches, which are caused by high levels of estrogen and progesterone hormones in the body. Some bodies may not be able to adapt to these hormonal changes, resulting in headaches. Therefore, healthcare professionals must play an active role in providing counseling to users of combination contraceptive pills. (Widodo, 2019)

The main advantage of contraceptive pills is their very high effectiveness when used correctly. This pill is easy to use, simple, does not require medical intervention or internal examinations for the user, and does not interfere with sexual relations. Extensive research on contraceptive pills also shows that these pills can protect women from pelvic inflammatory disease. (Rompas & Karundeng, 2019)

The effectiveness of combination pills can decrease if they are not taken at the same time every day. The hormones in this pill function to inhibit ovulation, alter the endometrial lining, and prevent sperm from entering the uterus by thickening cervical mucus. In monophasic pills, the lower the dose of estrogen and progesterone, the less bleeding occurs, while with higher doses, the bleeding will be more. (Himalaya & Maryani, 2022)

According to WHO (World Health Organization) data in 2015, Indonesia ranked 4th as the country with the largest population in the world after China, India, and the United States, with a population reaching 238,315,176 people. The population growth rate is 1.25% per year. Without control, this figure is expected to continue increasing, reaching 270 million people by 2015. Currently, Indonesia is facing a warning regarding population issues with an average growth of 2.6 million

people per year. Without control, the population of Indonesia in 2026 is estimated to reach 261 million people. This high growth rate is not accompanied by an improvement in the quality of the population, so the family planning program (KB) continues to be promoted. In 2014, in Bengkulu Province, the highest number of active family planning participants used implants (32,519 or 12.6%), IUDs (11,056 or 4.3%), injections (129,469 or 50.1%), and pills (61,053 or 23.6%). Meanwhile, the highest number of new family planning participants used implants (7,666 or 16.7%), IUDs (3.13), injections (22,732 or 49.4%), and pills (8,076 or 17.6%).(Barokah & Melani, 2020)

Combination pills work by preventing ovulation through the suppression of gonadotropin-releasing hormone (GnRH) in the hypothalamus, which then inhibits the secretion of FSH and LH hormones in the pituitary gland. Combination pills contain estrogen and progestin. The estrogen in combination pills inhibits ovulation by suppressing the release of FSH, thereby preventing the maturation of follicles in the ovaries. Due to the influence of estrogen, there is no release of LH from the ovaries to the pituitary gland, so in the middle of the menstrual cycle, FSH levels remain low and there is no increase in LH levels, which ultimately inhibits ovulation. Estrogen also helps stabilize the endometrial lining to prevent bleeding between menstrual cycles.(Sitinjak, 2019)

Based on data collection in February during the comprehensive practice conducted at the Wolio Health Center in Baubau City, the number of family planning acceptors was around 100 people, consisting of 50 acceptors of PIL injectable contraception, 20 acceptors of DMPA contraception, and 30 acceptors of implant contraception.

## **METHODOLOGY**

This final project report is prepared using a case study approach to apply midwifery management. Midwifery management is a problem-solving method that organizes thoughts and actions based on scientific theories, research results, and skills in a series of logical steps for client-focused decision-making. A case study itself is a method that deeply focuses on a topic as an example. The author applies the SOAP documentation protocol to describe cases or events by linking theory to real-life situations.

Subjective data is collected from the anamnesis of Mrs. Y or the interview. The data in question comes from physical examinations and supporting examinations, which are used to support the provision of care. Analysis is the process of identifying data results.

## **RESULTS & DISCUSSION**

### **Subjective Data**

Ms. Y, 28 years old, P2A0, came to the community health center on March 2, 2024, at 09:30 WITA to receive a Combination Pill injection. She complained of experiencing headaches since using the combination pill contraceptive. According to the mother, she started experiencing these complaints after beginning to use that contraceptive method. The mother experienced menarche at the age of 12 and has never experienced dysmenorrhea. Based on the contraceptive history, the mother has been a recipient of the 3-month injectable contraceptive since 2019, after giving birth to her first child. Currently, the mother has two children, with the youngest being around 2 years old. The mother uses contraception to space out pregnancies and prevent unwanted pregnancies for herself and her husband. The mother also stated that she does not plan to have more children and wants to continue using contraception. However, the mother feels anxious because she experiences headaches with the combined oral contraceptive.

### **Objective Data**

On March 2, 2024, Mrs. Y came to the community health center with complaints of a headache. The general condition of the mother was good, with a compos mentis level of consciousness, blood pressure of 120/70 mmHg, pulse of 80 beats/minute, respiration of 20 breaths/minute, and body temperature of 36.5°C. From the results of the physical examination, the sclerae are white, conjunctivae are pink, breasts are symmetrical without any lumps, and the abdomen shows no surgical scars or tenderness. The upper extremities do not show any edema, the nails are clean and not pale, and there are no abnormalities or signs of infection in the genital area. The lower extremities also appear normal without any abnormalities.

### **Analysis**

Ms. Y, 28 years old, P2A0, Combination Pill user with complaints of headaches

## **Management**

The initial step in management is to approach the mother and her family. Let the mother express the problems she is experiencing. After it is known that the mother's problem is due to the use of combination birth control pills, which cause headaches, the next step is to explain that this condition is a side effect of the contraceptive used. These side effects are normal and often occur in some users of combination birth control pills.

Explaining to the mother about the advantages and disadvantages of the contraceptive method used, which is the Combined Oral Contraceptive Pill, where the mother experiences headaches. The next step is to explain the side effects of using combination contraceptive pills, such as weight gain, headaches, and breast tenderness.

Mother is advised to get enough rest and sleep, which is important for overall health, including reducing the risk of headaches. Rest can help reduce the workload on the heart, improve blood flow to all organs, and thus reduce the pain or discomfort experienced by the mother.

## **DISCUSSION**

### **Subjective Data**

Ms. Y came to the community health center on March 2, 2024, to check her condition. However, during the anamnesis, the mother complained of a headache. It is known that the mother has been using Combination Oral Contraceptives. Combination contraceptive pills are a method of contraception that use hormonal pills containing estrogen and progestin. This pill works by inhibiting ovulation (the release of an egg from the ovary) and making cervical mucus thicker, thereby preventing sperm from reaching the egg. In addition, combination pills also alter the uterine environment, making it unfavorable for implantation (the embedding of pregnancy). Meanwhile, headaches are a symptom that can be experienced by some individuals using combination pills. (Pil et al., 2024)

The mother has 2 children and is known to use family planning to space pregnancies, regulate the number of children, and prevent unwanted pregnancies. The family planning service program is an important strategy in supporting the reduction of Maternal Mortality Rate (MMR) by managing the timing, spacing, and number of pregnancies. Through the family planning program, maternal deaths can be prevented because family planning allows for pregnancy planning, prevents unwanted pregnancies, and avoids unsafe abortions and maternal complications. (Hl.Sanuddin et al., 2023) In addition, based on the research results (Rompas & Karundeng, 2019) The results of the bivariate analysis on maternal factors indicate that there is no relationship between the interval between pregnancies and the occurrence of premature births. However, there is a relationship between parity and the occurrence of premature births, as well as a relationship between the diseases experienced by the mother during childbirth and the occurrence of premature births. (Ansi & Hardiyanti, 2022)

Ms. Y complained of a headache after using the Combined Oral Contraceptive Pill. This complaint falls under common side effects, as one of the impacts of Combination Pills is menstrual cycle disturbances, including headaches. This diagnosis aligns with the theory that combined oral contraceptives can cause side effects, one of which is dizziness or headaches. This is caused by the high levels of estrogen and progesterone hormones in the body, which makes some bodies unable to adapt to these hormonal changes, resulting in side effects such as headaches. (Sanding et al., 2020)

Mother feels worried and anxious about her condition. Mother used combination birth control pills after giving birth to her last child in 2024. Since using the combination birth control pill, the mother has been experiencing headaches, which makes her anxious. The mother's current age is 28 years, which is still within the reproductive age. The mother no longer breastfeeds her baby, who is now 2 years old. The mother also does not have a history of serious illnesses such as hypertension, breast cancer, heart disease, or diabetes mellitus. The results of the physical examination did not show any abnormalities, and the mother's vital signs were within normal limits. Based on the complaints experienced, the mother only experienced one side effect from the several possible side effects that may occur due to the use of Combination Oral Contraceptives. (Karimah, 2019)

### **Objective Data**

The results of the vital signs examination showed blood pressure of 120/70 mmHg, pulse 80 beats per minute, respiration 20 breaths per minute, and temperature 36.5°C. In the case of a combined oral contraceptive pill user, theoretically, the pill containing estrogen and progesterone aims to prevent

pregnancy by inhibiting the release of eggs from the ovaries each month. However, in Ms. S's case, the vital signs found were still within normal limits (Rompas & Karundeng, 2019)

Due to the high frequency of hormonal contraceptive use, assessing their side effects has become an important public health issue. Progestin-only contraception is relatively safe concerning the risk of hypertension. However, measuring blood pressure at every visit, both initial and follow-up, is very important. Some other studies have shown an increase in blood pressure among users of combined oral contraceptives. (Aksari, 2020)

The physical examination of the patient showed pink conjunctiva. Normally, the conjunctiva is reddish, but in cases of anemia, the conjunctiva can appear pale, which is referred to as anemic conjunctiva. The breasts appear symmetrical, without lumps on either side. The abdomen shows no surgical scars, and the genitalia appear clean without any abnormalities or infections. The mother's general condition is good with *compos mentis* consciousness. The mother's weight is 52 kg, height is 150 cm, and vital signs are within normal limits. (Saputro, 2017). From the examination results conducted, no abnormalities were found, so no further supporting examinations are necessary.

### **Analysis**

The analysis of this case is based on the subjective and objective data obtained. The mother is a user of the Combined Oral Contraceptive Pill with complaints of headaches, which were established after the anamnesis. The mother has 2 children and has never experienced a miscarriage. The mother has been using combination birth control pills since January 31, 2024, after giving birth to her second child to space out pregnancies. The mother complained of headaches while using this contraceptive. The results of the physical examination showed pink conjunctiva and white sclera. Breasts are symmetrical left and right, abdomen without surgical scars, and genitals appear normal. Based on the anamnesis and physical examination, the diagnosis can be established as "Ms. Y, 28 years old, P2A0, with a headache." (Eliansa & Setyawati, 2024)

### **Management**

Based on the assessment of subjective and objective data as well as the analysis conducted, the issue experienced by the mother is still within the midwife's authority and does not require collaboration with a doctor. The handling steps or actions to be taken according to the mother's complaints, namely by explaining to the mother the advantages and disadvantages of combination birth control pills, including the side effects of using combination pills. This contraceptive contains the hormone progesterone, which can cause menstrual cycle disturbances. These side effects vary depending on the duration of use. One of the common side effects is headaches. Therefore, the care plan provided is to explain and provide understanding about the hormonal side effects in combination oral contraceptives. (Primihastuti et al., 2023)

Next, provide an explanation of the advantages and disadvantages of using combined oral contraceptives. (Lestary & Pongmekkita, 2023). On March 2, 2024, the mother came to the community health center complaining of headaches due to the use of Combination Oral Contraceptives. Based on the anamnesis and physical examination, it was found that the mother had been experiencing headaches since she started using Combination Oral Contraceptives in 2024. If headaches occur in new users, it is recommended to rest adequately to reduce the risk of headaches. Adequate rest can help reduce the workload on the heart, improve blood flow throughout the body, and alleviate the pain or discomfort experienced by the mother.

The care plan related to headaches is to provide an understanding that this is a normal side effect of combination oral contraceptives. Because the progesterone hormone in this contraceptive inhibits ovulation and thins the uterine lining, this causes the mother to not have menstruation for a certain period. (Indrasari et al., 2022).

In Ms. Y's case, the problem that arose is the normal side effect of combination contraceptive pills. However, the mother feels anxious because she has a headache. The counseling provided is to advise the mother to get enough rest. (Rahayu et al., 2021) Counseling is conducted to identify and address the physical and emotional needs of the mother.

### **CONCLUSION**

Based on the results of the assessment through anamnesis, physical examination, established diagnosis, and action plan tailored to the needs, it can be concluded that there is a consistency between the theory and practice that has been explained. The author concludes the following: Based on the

anamnesis results, subjective data were obtained from the patient, a 28-year-old mother, a recipient of the Combined Pill injection, with complaints of feeling anxious and worried due to experiencing headaches.

Objective data from the examination results show that the patient's general condition is good, with *compos mentis* consciousness, blood pressure of 120/70 mmHg, pulse of 80 beats per minute, respiration of 20 breaths per minute, and body temperature of 36.5°C. Physical examination shows conjunctiva pink and sclera white. Breasts are symmetrical on both sides, without tenderness. The abdomen shows no surgical scars and there is no tenderness. The genital examination appears normal without any abnormalities. In this case, an ultrasound examination or other supporting examinations were conducted.

Based on the subjective and objective data obtained, an analysis was conducted on Ms. "Y", 28 years old, P2A0, with complaints of headaches. The management explained to the mother about the side effects of using combination contraceptive pills. The mother was also given information about the advantages and disadvantages of combination contraceptive pills. Additionally, it was explained that the complaints or problems experienced are normal and one of the side effects of using combination contraceptive pills, and the mother was advised to get enough rest.

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