

Implementation Of Continuous Midwifery Care For High-Risk Pregnant Women At Kuala Pembuang I Seruyan Community Health Center

Misriatul Blessing^{1*},

^{1,2} Faculty of Nursing And Midwifery, Universitas STRADA Indonesia

*Corresponding author : misriatul84@gmail.com

ABSTRACT

Based on data on the incidence of high-risk pregnant women in the working area of the Kuala Pembuang I Health Center UPTD in 2023, there were 86 pregnant women with high risk, while in 2022 there were 74 pregnant women with high risk. The purpose of this study is to explore the implementation care midwifery sustainable on Mother pregnant risk high at the Kuala Pembuang I Seruyan Health Center . The design of this research is qualitative research with use technique *Purposive Sampling*. The subjects in this study were 5 high-risk pregnant women who were obtained by taking data from i nformant with method in-depth interview And d documentation. Based on data validity tests, namely *Credibility* , *Transferability* , *Dependability* , and *Confirmability* it was found that Almost all informants provided information that maintaining physical and mental health during pregnancy is a top priority for them. In addition, the health center has provided sufficient education to prospective mothers regarding the signs and symptoms of danger that need to be watched out for during pregnancy. With the implementation of continuous midwifery care provided by medical personnel, it is hoped that the quality of care and health of high-risk pregnant women at the Kuala Pembuang I Seruyan Health Center can be maintained properly.

Keywords : Care Midwifery Sustainable , Mom Pregnant And High Risk

INTRODUCTION

Success of health programs Mother can rated through indicator main Number Death Mother (AKI). Death Mother in indicator This defined as all death during period pregnancy , childbirth , and postpartum discharge caused by by pregnancy , childbirth , and postpartum or its management but No because other reasons such as accident or incident . Number Death Mother (AKI) is all death in room scope in every 100,000 births life (Ministry of Health , 2020) .

One of the discussions on health SDGs is to reduce maternal mortality to below 70 per 100,000 live births (KH) by 2030 and end preventable infant and toddler deaths. According to the results of the 2015 population census analysis in the RAN-PP-AKI (national action plan to accelerate the reduction of MMR and IMR in 2015 was 32 per 100,000 KH and the RPJMN (national medium-term development plan) target to be achieved in 2024 is 16 deaths per 1000 births (Ministry of Health, 2020).

The fact of maternal mortality in Indonesia is seen from the results of the Indonesian Demographic and Health Survey (SDKI) in 2017. The Maternal Mortality Rate (MMR) in Indonesia is 305 per 100,000 live births. While the Infant Mortality Rate (IMR) in 2017 showed 24 per 1000 live births. The current Maternal Mortality Rate (MMR) is still far from the target of the Sustainable Development Goals (SDGs) (Ministry of Health, 2020).

Based on the health profile of Central Kalimantan Province, maternal deaths in 2019 were 35 people, consisting of 10 pregnant women, 11 women in childbirth, and 14 postpartum women. The causes of maternal deaths include bleeding 16 people, hypertension

in pregnancy 6 people and deaths from other causes 10 people (Central Kalimantan Provincial Health Office , 2019). The infant mortality rate in Central Kalimantan Province is lower than the national infant mortality rate, which is 24 per 1000 live births. The infant mortality rate (neonates) in Central Kalimantan Province in 2019 was 6 per 1000 live births, which is a decrease from 2017 and 2021, which was 8 per 1000 live births. The details of infant deaths in 2019 were neonates (0-28 days) 6 people, while infant deaths (28 days-11 months) increased slightly by 8 people. The causes of infant death are LBW, asphyxia, brain hemorrhage, milk aspiration, respiratory disorders and complications of congenital abnormalities (Central Kalimantan Provincial Health Office , 2019).

It is also important to note that the continuous midwifery care approach to high-risk pregnant women has been recognized and recommended by major health organizations such as the WHO (World Health Organization). The guidelines and guidance from this organization provide the scientific basis and support for implementing this approach in clinical practice. This will provide the legitimacy and standards needed to implement changes in the care system at the Kuala Pembuang I Seruyan Health Center. Based on data on the incidence of high risk in pregnant women in the working area of the Kuala Pembuang I Health Center UPTD in 2023, there were 86 pregnant women with high risk, while in 2022 there were 74 pregnant women with high risk.

Based on the conditions above, researchers are interested in researching implementation care midwifery sustainable on Mother pregnant risk high at the Kuala Pembuang I Seruyan Health Center.

METHODS

The design of this research is qualitative research with a case study approach with the focus of the research directed at exploring the implementation care midwifery sustainable on Mother pregnant risk high in Kuala Pembuang I Seruyan Health Center by triangulation. The research subjects in this study were all mothers pregnant at Kuala Pembuang I Seruyan Health Center with a total of 5 people. Informant in this study is Mother pregnant at the Kuala Pembuang I Seruyan Health Center who was assigned as an observer until the data is saturated . In study This use technique taking sample with *Purposive Sampling*. The data collection technique carried out by the author is in-depth interviews . The instrument used is an observation form containing indicators regarding implementation . care midwifery sustainable on Mother pregnant risk high at Kuala Pembuang I Seruyan Health Center

RESULT

A. Informant Characteristics Overview

1. Informant 1 is a person 36 -year- old woman . Description of the informant's response during the interview: the informant's expression looked very good, very responsive, while sitting on the chair, the informant's gaze was directed at the researcher and sometimes directed in other directions, the voice was clearly audible. Description of the atmosphere of the place during the interview: the atmosphere looked calm, quiet, the lighting was quite good.
2. Informant 2 one person women aged 3 6 years . Description of the informant's response during the interview: the informant's expression looked very good, very responsive, while sitting and tidying up the table, the informant's gaze was directed at the researcher and sometimes directed in other directions, the voice sounded unclear, a little noisy at the beginning of the interview. Description of the atmosphere of the place during the interview: the atmosphere looked calm, there were several people in the room, the lighting was quite good.
3. Informant 3 one person man who is 3 7 years old year . Description of the informant's response during the interview: the informant's expression looked very good, very responsive, while sitting on the chair, the informant's gaze was directed at the researcher and sometimes directed in other directions, the voice was clearly audible. Description of the atmosphere of the place during the interview: the atmosphere looked calm, a little noisy because there were several people in the room, the lighting was quite good.
4. Informant 4 one person women aged 3 6 years . Description of the informant's response during the interview: the informant's expression looked very good, very responsive, while sitting on the chair, the informant's gaze was directed at the researcher and sometimes directed in other directions, the voice was heard clearly although a little noisy. Description of the atmosphere of the place during the interview: the atmosphere looked calm, there were 2 people in the room, the lighting was quite good.
5. Informant 5 one person man who is 3 7 years old year . Description of the informant's response during the interview: the informant's expression looked very good, very responsive, while sitting on the chair, the informant's gaze was directed at the researcher and sometimes directed in other directions, the voice was clearly audible. Description of the atmosphere of the place during the interview: the atmosphere was a little noisy because there were several people in the room, the lighting was quite good.

B. Analysis of Results

Theme	Sub Themes
Method guard health physique and mental on Mother pregnant with risk high in the Kuala Pembuang 1 Health Center UPTD	1. How to maintain physical health 2. How to maintain mental health

1. How to Maintain Physical Health for High-Risk Pregnant Women

Informant 1 :

“To maintain physical health during pregnancy, I have received advice from medical personnel at the health center to routinely have antenatal check-ups and follow a strict pregnancy monitoring program. In addition, it is important for me to pay attention to a healthy diet, consume sufficient nutrition, get enough rest, and maintain physical activity that is appropriate to my condition ” .

Informant 2 :

“During pregnancy, I felt it was important to communicate openly with my healthcare provider to understand my health condition and identify appropriate steps. In addition to following medical advice such as eating a balanced diet and doing light exercise, I also found it beneficial to maintain emotional connections with my partner and family as part of my physical health .”

Informant 3 :

"To maintain my physical health, I try to have a balanced diet by paying attention to adequate nutritional intake and avoiding risky foods. In addition, I routinely have pregnancy check-ups and follow all medical advice given, including maintaining physical activity that is appropriate to my condition ."

Informant 4 :

“I try to comply with all medical advice and recommendations given by medical personnel at the health center. This includes undergoing regular check-ups, following a healthy diet, taking recommended supplements, and getting enough rest. I also avoid risky activities and always consult with medical personnel if I have any concerns about my physical health.”

Informant 5 :

“I tried to follow the medical advice given by the health workers at the Puskesmas, including attending all prenatal appointments and undergoing recommended examinations. In addition, I made sure to maintain a healthy diet, exercise regularly according to the doctor's recommendations, and avoid smoking or drinking alcohol.”

Triangle i midwife M :

"We as medical personnel have provided information and recommendations regarding how to maintain the physical health of high-risk pregnant women, in accordance with what was conveyed by the pregnant women."

Based on interviews with high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD, it can be concluded that maintaining physical health during pregnancy is a top priority for them. Advice and recommendations from medical personnel at the health center are highly appreciated and followed closely. One of the main steps they take is to undergo regular antenatal check-ups and follow a strict pregnancy monitoring program, which allows them to better understand their health conditions.

2. How to Maintain Mental Health for High-Risk Pregnant Women

Informant 1 :

“To maintain mental health during pregnancy, I have been advised to seek support from family, friends, or even through social support programs provided by the health center. I was also taught relaxation and breathing techniques that can help reduce stress and anxiety during pregnancy .”

Informant 2 :

“During pregnancy, I learned that mental health is as important as physical health. The health center has given me access to psychological support and support groups that allow me to share experiences with other pregnant women. In addition, I found benefits in breathing and meditation practices to cope with stress and anxiety that may arise during pregnancy .”

Informant 3 :

“I realized the importance of mental health during pregnancy, so I looked for ways to maintain my emotional balance. The health center has provided counseling services and support groups for pregnant women, which helped me to share experiences with other pregnant women and find support in dealing with stress and anxiety .”

Informant 4 :

“I seek support from my family and friends and try to keep my mind positive. In addition, the health center has provided information on stress and anxiety management, as well as suggestions on relaxation techniques that I can practice. I also take prenatal yoga classes which help me to stay calm and focused .”

Informant 5 :

“I seek support from family and friends and practice relaxation techniques such as meditation or yoga to cope with stress and anxiety. In addition, the Puskesmas also provides classes or support groups for pregnant women who need help in managing their mental health .”

Triangulation midwife M:

"The way to maintain mental health in high-risk pregnant women is by providing education to pregnant women and their families that this condition must be experienced together so that they can provide mutual support . "

Triangulation midwife S :

“The second way that is give education with involving class programs Mother pregnant at the integrated health post in the area kp 1 ” .

Interview results with high-risk pregnant women at the Kuala Pembuang 1 Health Center revealed that maintaining mental health during pregnancy is an important priority. The informants emphasized the importance of seeking social support from family, friends, and support programs provided by the health center. They also acknowledged the benefits of relaxation and breathing techniques to reduce stress and anxiety that often arise during pregnancy.

Theme	Sub Themes
How to detect and manage complications in patients with high-risk pregnancies at the Kuala Pembuang 1 Health Center UPTD	<ol style="list-style-type: none"> How to detect complications How to manage complications

1. How to Detect High-Risk Pregnancy Complications

Informant 1 :

“I have been given information about symptoms to watch out for during pregnancy, such as bleeding, severe abdominal pain, or decreased fetal movement. When experiencing these symptoms, I have been directed to immediately contact the nearest health center or medical facility for further evaluation and necessary intervention.”

Informant 2 :

“Through the information provided by the health center, I have learned about the symptoms to watch out for during pregnancy and what actions to take if they occur. For example, I learned that abnormal bleeding or decreased fetal movement are signs that require immediate medical attention.”

Informant 3 :

“The health center has provided sufficient education regarding the symptoms of pregnancy complications and the danger signs that must be considered. I am always alert to changes in my body or unusual symptoms, and when I experience them, I immediately consult a medical professional for further evaluation and necessary actions.”

Informant 4 :

“I actively seek information about symptoms or signs of complications that may occur during pregnancy. The health center has provided brochures and educational materials that explain these symptoms. When I experience suspicious symptoms, I immediately contact the health center or go to the emergency unit for further evaluation.”

Informant 5 :

“I actively seek information about symptoms or signs of pregnancy complications, both through consultation with medical personnel and reading literature provided by the Health Center. When I experience suspicious symptoms such as unusual bleeding or pain, I immediately contact the Health Center for further evaluation.”

Triangulation of midwife M:

"We have been given information about symptoms to watch out for during pregnancy, such as bleeding, severe abdominal pain, or

fetal movement. So if you experience these symptoms, we have directed high-risk pregnant women to immediately contact the nearest health center or medical facility for further evaluation and necessary intervention."

Based on interviews with several respondents at the Kuala Pembuang 1 Health Center UPTD regarding how to detect high-risk pregnancy complications, it can be seen that the health center has provided sufficient education to prospective mothers regarding symptoms that need to be watched out for during pregnancy. The informants emphasized that they had been given information about symptoms such as abnormal bleeding, severe abdominal pain, or decreased fetal movement which are signs that require immediate medical attention.

Overall, an intensive educational approach and empowering expectant mothers to actively seek information and recognize symptoms of pregnancy complications has helped improve early detection and management of high-risk pregnancies at the Kuala Pembuang 1 Health Center UPTD.

2. How to Manage High-Risk Pregnancy Complications

Informant 1 :

“As a high-risk pregnant woman, I recognize the importance of taking an active role in monitoring my own health condition and communicating openly with health workers at the health center. I have been encouraged to ask questions and understand the recommended treatment plan, as well as to follow the instructions and recommendations given by medical personnel ”

Informant 2 :

“I view my role in managing a high-risk pregnancy as a collaboration with my healthcare provider. I recognize that it is important to be an advocate for my own health by asking questions, seeking information, and actively engaging in decisions about medical care.”

Informant 3 :

“I am aware that my role as an expectant mother is very important in managing a high-risk pregnancy. I communicate openly with health workers, follow all instructions and recommendations given, and am willing to cooperate in managing complications that may occur during pregnancy.”

Informant 4 :

“I consider myself a partner in my own health care. I communicate openly with my healthcare providers, asking about my role and responsibilities in managing a high-risk pregnancy. I also try to be involved in decisions about my care and actively seek out information about my health condition .”

Informant 5 :

“I try to actively communicate with health workers at the Puskesmas, asking about my role and responsibilities in managing high-risk pregnancies. I also try to understand my role in decision-making regarding my care and collaborate with medical personnel to determine the best care plan.”

Triangulation of midwife M and midwife S :

“We see ourselves as partners in the health care of pregnant women. We also try to be involved in the decision-making regarding the care they will receive.”

Based on interviews with high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD, it was seen that they had a strong understanding of their active role in managing high-risk pregnancies. They recognized the importance of communicating openly with health workers at the health center and felt encouraged to ask questions and understand the recommended care plan. The informants stated that they considered themselves partners in their own health care, not just passive patients.

Overall, the informants showed a proactive attitude and high involvement in the management of their pregnancies. They took an active role in monitoring their own health conditions, communicated openly with health workers, and tried to be involved in every stage of medical care provided. This reflects the importance of collaboration between patients and health workers in the management of high-risk pregnancies at UPTD Puskesmas Kuala Pembuang 1.

Theme	Sub Themes
Method develop preparation labor as well as face complications on Mother pregnant risk tall at the Kuala Pembuang 1 Health Center UPTD	<ol style="list-style-type: none"> 1. How to develop childbirth preparation 2. How to deal with complications

1. How to Develop Childbirth Preparation for High-Risk Pregnant Women

Informant 1 :

“For labor preparation, I have received information about the labor process, useful breathing techniques, and comfortable positions during labor. I was also taught physical exercises that can help prepare the body for the labor process. In addition, I was advised to seek emotional support from my partner, family, and medical personnel during labor.”

Informant 2 :

“I believe that labor preparation involves a combination of physical, mental, and emotional preparation. In addition to attending labor preparation classes provided by the health center, I

also sought support from my partner and family and did breathing and relaxation exercises to help me face the labor process with more calm and confidence.”

Informant 3 :

“I consider childbirth preparation as a process that involves physical, mental, and emotional readiness. I try to learn more about the labor process and techniques that can help me cope better. In addition, I also seek support from my partner and family to prepare myself mentally and emotionally .”

Informant 4 :

“I attended a childbirth preparation class organized by the health center to learn about the labor process, breathing techniques, and pain management. In addition, I also did physical exercises recommended by a prenatal fitness expert and sought support from my partner to prepare myself mentally and emotionally .”

Informant 5 :

“I attended a childbirth preparation class organized by the Puskesmas, where I learned breathing techniques, pain management, and physical and mental preparation. In addition, I also talked to my doctor or midwife about my birth plan and sought support from my partner or family to prepare myself mentally and emotionally.”

Triangulation of Midwives M and S :

“We have received information about the labor process, useful breathing techniques, and comfortable positions during labor. We also teach physical exercises that can help prepare the body for the labor process.”

Based on the results of interviews with several high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD regarding childbirth preparation, it is seen that they adopt a holistic approach in preparing themselves for the childbirth process. The informants revealed that childbirth preparation involves a combination of physical, mental, and emotional preparation.

2. How to Deal with High-Risk Pregnancy Complications

Informant 1 :

“I have received information about danger signs during pregnancy and childbirth, as well as training on what to do in emergency situations such as premature labor or other complications. I have also been given knowledge about which medical facilities I should contact in an emergency and the first aid steps I can take.”

Informant 2 :

“I have taken the initiative to understand the potential complications that may occur during pregnancy and childbirth. The health center has provided clear information about the danger

signs and steps to take in emergency situations. In addition, I have attended a pregnancy training course that provides emergency skills such as infant CPR and first aid measures. ”

Informant 3 :

“The health center has provided sufficient information and training on recognizing danger signs and dealing with emergency situations during pregnancy and childbirth. I have learned to recognize symptoms that require immediate medical attention and know the steps to take in an emergency situation ..” .

Informant 4 :

“I have taken a childbirth preparation course that includes information about possible complications during pregnancy and childbirth. The health center also provides emergency training such as infant CPR techniques and first aid. I try to stay calm and be prepared for any emergency situations that may arise .”

Informant 5 :

“The health center has provided specific information and training on complications that may occur during pregnancy and childbirth, including danger signs and emergency measures to take. I have also learned relaxation techniques and how to manage stress in emergency situations that may arise during the labor process .”

Triangulation Midwife S:

“We have provided information about danger signs during pregnancy and childbirth, as well as training on what to do in emergency situations such as premature labor or other complications . ”

Triangulation Midwife M:

" I Also has given information about signs necessary labor beware And need Handling from power health ".

Based on the results of interviews with high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD, it appears that the health center has taken quite comprehensive steps in providing information and training related to dealing with complications that may occur during pregnancy and childbirth. The informants emphasized that they had received adequate knowledge about danger signs and first aid steps in emergency situations.

Overall, the interview results showed that high-risk pregnant women at Kuala Pembuang 1 Health Center felt quite prepared and trained in dealing with possible complications during pregnancy and childbirth, thanks to the information and training they received from the health center. This illustrates the health center's efforts in increasing awareness and preparedness of pregnant women in dealing with possible emergency situations.

Theme	Sub Themes
Method prepare Mother For breast-feed with success on	1. How to prepare for breastfeeding 2. methods to

Mother pregnant risk high in the Kuala Pembuang 1 Health Center UPTD	help pregnant breastfeed	high-risk women
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1. How to Prepare for Breastfeeding for High-Risk Pregnant Women

Informant 1 :

“To maintain physical health during pregnancy, I have received advice from medical personnel at the health center to routinely have antenatal check-ups and follow a strict pregnancy monitoring program. In addition, it is important for me to pay attention to a healthy diet, consume sufficient nutrition, get enough rest, and maintain physical activity that is appropriate to my condition.”

Informant 2 :

“I have sought information about the benefits of breastfeeding and received support from medical personnel and lactation counselors at the health center to prepare myself optimally for breastfeeding. I have also tried to understand the potential challenges that may be faced and sought solutions such as attending breastfeeding classes or joining a breastfeeding support group .”

Informant 3 :

“I have sought information and support about the benefits of breastfeeding and techniques that can improve breastfeeding success after giving birth. The health center also provides breastfeeding counseling and other support that helps me prepare optimally to breastfeed my baby .”

Informant 4 :

“I have looked for information about the benefits of breastfeeding and the correct breastfeeding techniques. The health center has also provided support in the form of breastfeeding classes and lactation counseling. I am trying to prepare myself physically and mentally to breastfeed my baby after giving birth.”

Informant 5 :

“I have attended breastfeeding classes and lactation counseling provided by the Puskesmas to learn proper breastfeeding techniques and understand its benefits. In addition, I have also sought information on how to overcome specific challenges I may face in breastfeeding, such as certain medical conditions or other risk factors .”

Triangulation midwife M :

“In maintaining physical health during pregnancy, we advise high-risk pregnant women to have regular antenatal check-ups and follow a strict pregnancy monitoring program .”

Based on the results of interviews with several high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD regarding preparation for successful breastfeeding, it was seen that the informants had taken proactive steps to prepare themselves optimally. One of the steps emphasized was maintaining physical health during pregnancy through routine antenatal check-ups and close pregnancy monitoring. In addition, it is important for them to pay attention to a healthy diet, consume sufficient nutrition, get enough rest, and maintain physical activity that is appropriate to their condition.

Overall, the preparation of high-risk pregnant women at UPTD Puskesmas Kuala Pembuang 1 for successful breastfeeding includes concrete steps such as attending breastfeeding classes, seeking information, and getting support from medical personnel and lactation counselors. Thus, they have made continuous efforts to ensure that they are optimally prepared to face the breastfeeding process after giving birth.

2. Methods to Help High-Risk Pregnant Women Breastfeed

Informant 1 :

“The special preparation process involves evaluating medical conditions that may affect breastfeeding, such as chronic illnesses or use of certain medications. Based on this evaluation, I am given specific advice and support that is tailored to my needs. The health center also provides breastfeeding counseling services that can help pregnant women plan and prepare optimally for successful breastfeeding .”

Informant 2 :

“I have taken steps to understand how certain medical conditions or other risk factors may affect breastfeeding and have sought information about appropriate strategies. The health center has given me access to an experienced lactation counselor and advice tailored to my needs. I also feel supported by the breastfeeding support group at the health center, which allows me to share experiences and get support from other pregnant women in similar situations.”

Informant 3 :

“The health center has provided special support for pregnant women with certain medical conditions or other risk factors that may affect breastfeeding. I have received information and advice tailored to my needs, as well as access to a lactation counselor who can help me overcome any specific challenges I may face in breastfeeding.”

Informant 4 :

“The health center has provided lactation counseling services that help pregnant women with certain medical conditions or other risk factors in planning successful breastfeeding. I have received information tailored to my health condition and feel supported in preparing to breastfeed my baby. ”

Informant 5 :

“The health center provides lactation counseling that can be tailored to the needs of pregnant women with certain medical conditions or other risk factors. I have received special support and resources that help me plan and prepare for successful breastfeeding after giving birth.”

Triangulation of midwife S:

“We have provided lactation counseling services that help pregnant women with certain medical conditions or other risk factors in planning successful breastfeeding . ”

The results of interviews with high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD revealed that the special preparation process for breastfeeding involves various steps that are tailored to the needs of each individual. Evaluation of medical conditions that may affect the breastfeeding process, such as chronic diseases or the use of certain medications, is the main focus of this preparation. Based on this evaluation, pregnant women are given specific advice and support that suits their needs.

Overall, special preparation for breastfeeding at UPTD Puskesmas Kuala Pembuang 1 is supported by various services and resources tailored to the needs of pregnant women with certain medical conditions or other risk factors. Support from lactation counselors and breastfeeding support groups, as well as information tailored to each individual's health condition, are key in helping pregnant women plan and prepare for successful breastfeeding after giving birth.

1 DISCUSSION

A. How to Maintain Physical and Mental Health in Pregnant Women with High Risk at the Kuala Pembuang 1 Health Center UPTD

Based on interviews with high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD, it can be concluded that maintaining physical health during pregnancy is a top priority for them. Advice and recommendations from medical personnel at the health center are highly appreciated and followed closely. One of the main steps they take is to undergo regular antenatal check-ups and follow a strict pregnancy monitoring program, which allows them to better understand their health conditions.

Interview results with high-risk pregnant women at the Kuala Pembuang 1 Health Center revealed that maintaining mental health during pregnancy is an important priority. The informants emphasized the importance of seeking social support from family, friends, and support programs provided by the health center. They also acknowledged the benefits of relaxation and breathing techniques to reduce stress and anxiety that often arise during pregnancy.

In maintaining mental health, the literature also emphasizes the importance of social support and psychological counseling for high-risk pregnant women. Research by Blackmore et al. (2020) shows that social support from family, friends, and health workers can help reduce stress and anxiety levels in pregnant women, thereby improving their mental health. Therefore, efforts to facilitate social support and access to psychological counseling services at the Kuala Pembuang 1 Health Center UPTD can be an effective strategy in maintaining the mental health of high-risk pregnant women.

According to researchers, maintaining the physical and mental health of high-risk pregnant women requires a holistic approach that includes several important aspects. Regular physical activity, balanced nutritional intake, stress management, social support, and careful medical monitoring are key factors in effective prenatal care. The implementation of a comprehensive prenatal care program at the Kuala Pembuang 1 Health Center UPTD, which pays attention to

all of these aspects, can have a positive impact on reducing the risk of pregnancy complications and improving the physical and mental health of pregnant women and their fetuses.

Thus, it is important for health workers to strengthen efforts in providing education, monitoring, and support to high-risk pregnant women. In addition, collaboration between health workers, families, and local communities is also needed to create a supportive environment for pregnant women in undergoing optimal prenatal care. With a holistic and integrated approach, it is hoped that optimal results can be achieved in maintaining the physical and mental health of pregnant women and reducing the risk of complications in high-risk pregnancies.

B. How to Detect and Manage Complications in Patients with High-Risk Pregnancy at the Kuala Pembuang Health Center UPTD 1

Based on interviews with several respondents at the Kuala Pembuang 1 Health Center UPTD regarding how to detect high-risk pregnancy complications, it can be seen that the health center has provided sufficient education to prospective mothers regarding symptoms that need to be watched out for during pregnancy. The informants emphasized that they had been given information about symptoms such as abnormal bleeding, severe abdominal pain, or decreased fetal movement which are signs that require immediate medical attention.

Based on interviews with high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD, it was seen that they had a strong understanding of their active role in managing high-risk pregnancies. They recognized the importance of communicating openly with health workers at the health center and felt encouraged to ask questions and understand the recommended care plan. The informants stated that they considered themselves partners in their own health care, not just passive patients.

Research by Yulianti et al. (2019) shows that the implementation of early detection protocols and management of complications in high-risk pregnancies at the Community Health Center level can reduce the incidence of maternal and neonatal morbidity and mortality. This emphasizes the importance of implementing clear standard procedures and close monitoring of patients with high-risk pregnancies in primary health facilities such as the Kuala Pembuang 1 Community Health Center. Thus, early detection and management of complications are key in efforts to reduce maternal and neonatal mortality rates and improve maternal and child health at the community level.

According to researchers, early detection and management of complications in high-risk pregnancies at the Kuala Pembuang 1 Health Center UPTD are crucial in efforts to improve the quality of maternal care. Regular training for health workers, the use of clear clinical protocols and guidelines, and effective collaboration between health centers and hospitals are key to handling high-risk pregnancy complications. With these efforts, it is hoped that the health center's ability to provide quality care and reduce maternal and neonatal morbidity and mortality rates can be improved.

C. How to Develop Childbirth Preparation and Deal with Complications in High-Risk Pregnant Women at the Kuala Pembuang Health Center UPTD 1

Based on the results of interviews with several high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD regarding childbirth preparation, it is seen that they adopt a holistic approach in preparing themselves for the childbirth process. The informants revealed that childbirth preparation involves a combination of physical, mental, and emotional preparation.

Based on the results of interviews with high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD, it appears that the health center has taken quite comprehensive steps in providing information and training related to dealing with complications that may occur during pregnancy and childbirth. The informants emphasized that they had received adequate knowledge about danger signs and first aid steps in emergency situations.

A study by Simarmata et al. (2020) highlighted the importance of training for health workers in recognizing the signs and symptoms of complications in high-risk pregnant women. This training can help health workers at the Kuala Pembuang 1 Health Center UPTD in providing a quick and appropriate response in dealing with obstetric emergencies. Thus, improving the skills and knowledge of health workers in managing labor and dealing with complications can improve pregnancy outcomes and reduce maternal and neonatal mortality rates in the area.

According to researchers, preparation for childbirth and handling of complications in high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD requires a holistic approach that includes physical, psychological, and social aspects of maternal care. Regular training for health workers, development of clear clinical guidelines, and application of information and communication technology can be effective strategies in improving the ability of health centers to provide quality care for high-risk pregnant women. Thus, health centers can become effective centers in providing comprehensive and holistic maternal care, thereby increasing the chances of safety and health for mothers and babies in the area.

D. How to Prepare Mothers for Successful Breastfeeding in High-Risk Pregnant Women at the Kuala Pembuang Health Center UPTD 1

Based on the results of interviews with several high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD regarding preparation for successful breastfeeding, it was seen that the informants had taken proactive steps to prepare themselves optimally. One of the steps emphasized was maintaining physical health during pregnancy through routine antenatal check-ups and close pregnancy monitoring. In addition, it is important for them to pay attention to a healthy diet, consume sufficient nutrition, get enough rest, and maintain physical activity that is appropriate to their condition.

The results of interviews with high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD revealed that the special preparation process for breastfeeding involves various steps that are tailored to the needs of each individual. Evaluation of medical conditions that may affect the breastfeeding process, such as chronic diseases or the use of certain medications, is the main focus of this preparation. Based on this evaluation, pregnant women are given specific advice and support that suits their needs.

research by Dewi and Asih (2020) highlighted the importance of the role of health workers in providing assistance and education to high-risk pregnant women in preparing themselves for breastfeeding. Support provided by health workers, such as midwives or lactation counselors, can increase mothers' knowledge of the benefits of breastfeeding, reduce anxiety and uncertainty, and provide the practical skills needed to initiate and maintain breastfeeding. Thus, an approach involving health workers in providing support and education to high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD can help improve the success of breastfeeding and the overall health of mothers and babies.

According to researchers, maternal preparation for successful breastfeeding in high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD requires a holistic and comprehensive approach. The results of the study emphasized the importance of providing accurate information, emotional support, and practices that support breastfeeding at the health center level. This includes providing quality breastfeeding counseling, involving partners and

families, and strengthening social support from the environment around pregnant women. By adopting this approach, it is hoped that high-risk pregnant women can plan and undergo a successful breastfeeding period, thereby improving the health of mothers and babies.

2 CONCLUSION AND SUGGESTIONS

A. Conclusion

1. Based on the results of interviews with high-risk pregnant women at the Kuala Pembuang 1 Health Center UPTD, it can be concluded that they emphasize the importance of maintaining physical health by following medical advice, maintaining a healthy diet, getting enough rest, and avoiding risky activities. In addition, they also highlighted the importance of mental health care, by seeking social support, relaxation techniques, and participating in support programs provided by the health center. Their commitment to the well-being of themselves and their babies reflects the importance of the role of the health center as a primary health care provider in providing access and information needed to maintain health during pregnancy.

2. Based on interviews with several respondents at the Kuala Pembuang 1 Health Center UPTD regarding how to detect high-risk pregnancy complications, it can be concluded that an intensive educational approach has empowered expectant mothers to actively seek information and recognize the symptoms of pregnancy complications. The informants showed a strong understanding of their active role in managing high-risk pregnancies, as well as their willingness to communicate openly with health workers and take part in decision-making regarding medical care. Awareness of the symptoms of complications and the active involvement of pregnant women in monitoring their own health conditions reflect the importance of collaboration between patients and health workers in managing high-risk pregnancies at the Kuala Pembuang 1 Health Center UPTD.

3. Based on the results of interviews with high-risk pregnant women at the UPTD Kuala Pembuang 1 Health Center, it was seen that they adopted a holistic approach in preparing themselves for childbirth by involving physical, mental, and emotional preparation. They attended childbirth preparation classes to obtain information on breathing techniques, pain management, and comfortable positions during labor, as well as doing physical exercises recommended by prenatal fitness experts. In addition, they sought emotional support from their partners, families, and medical personnel to face the labor process more calmly and confidently. The health center also provided training on danger signs and first aid steps in emergency situations during pregnancy and childbirth, including emergency skills such as infant CPR and first aid measures. Thus, high-risk pregnant women felt sufficiently prepared and trained in dealing with possible complications, demonstrating the commitment of Kuala Pembuang 1 Health Center in improving the readiness of pregnant women in dealing with emergency situations that may occur.

4. The results of interviews with high-risk pregnant women at the UPTD Kuala Pembuang 1 Health Center showed that the informants had taken proactive steps to optimally prepare themselves for successful breastfeeding. These steps include close pregnancy monitoring, maintaining physical health through routine antenatal check-ups, and paying attention to healthy eating patterns, nutrition, rest, and appropriate physical activity. They also sought information about the benefits of breastfeeding and received support from medical personnel and lactation counselors, including attending breastfeeding classes and joining breastfeeding support groups. With the help of breastfeeding counseling services provided by the health center, along with access to experienced lactation counselors and support from fellow pregnant women through breastfeeding support groups, pregnant women were able to plan and optimally prepare themselves for the breastfeeding process after giving birth.

C. Suggestion

It is expected that respondents will increase their awareness of the importance of routine check-ups during pregnancy, childbirth, and postpartum. It is recommended that respondents actively communicate with midwives or related health workers to obtain the information they need, and follow all recommendations and treatment plans that have been agreed upon together. In addition, it is also important to continue to monitor health conditions regularly, maintain a healthy lifestyle, and actively participate in every health service activity provided by the Health Center. Thus, it is expected that the quality of care and health of high-risk pregnant women at the Kuala Pembuang I Seruyan Health Center can be maintained properly.

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