

**Implementasi Health Education Pada Ibu Hamil Dengan Resiko Preeklamsia Di
RSIA Sitti Khadijah 1 Muhammadiyah Cabang Makassar**

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ABSTRAK

Latar Belakang: Preeklamsia merupakan salah satu penyebab utama tingginya angka kesakitan ibu hamil. **Tujuan:** Mengetahui implementasi health education pada ibu hamil dengan resiko preeklamsia. **Metode:** Penelitian studi kasus pre-post test pada dua ibu hamil trimester III dengan tekanan darah $\geq 140/90$ mmHg. Edukasi dilakukan selama 4 hari melalui kunjungan rumah. **Hasil:** Terjadi penurunan tekanan darah secara bertahap dan peningkatan pemahaman ibu tentang preeklamsia. **Kesimpulan:** Edukasi kesehatan efektif membantu ibu hamil mengelola tekanan darah dan meningkatkan kesadaran akan risiko preeklamsia. **Saran:** Penguatan edukasi kesehatan berkelanjutan melalui kunjungan rumah terstruktur perlu dilakukan agar ibu hamil berisiko preeklamsia mampu mengenali tanda bahaya dan mengelola tekanan darah secara mandiri.

Kata Kunci: Preeklamsia, edukasi kesehatan, ibu hamil, tekanan darah

**Implementation of Health Education for Pregnant Women at Risk of Preeclampsia
at RSIA Sitti Khadijah 1 Muhammadiyah, Makassar Branch**

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ABSTRACT

Background: Preeclampsia is one of the leading causes of high morbidity rates among pregnant women. **Objective:** To examine the implementation of health education for pregnant women at risk of preeclampsia. **Method:** A case study using a pre-post test design was conducted on two third-trimester pregnant women with blood pressure $\geq 140/90$ mmHg. Education was delivered over four days through home visits. **Results:** A gradual decrease in blood pressure and an increase in maternal understanding of preeclampsia were observed. **Conclusion:** Health education is effective in helping pregnant women manage blood pressure and increase awareness of preeclampsia risk. **Suggestion:** Strengthening continuous health education through structured home visits is necessary to enable pregnant women at risk of preeclampsia to recognize danger signs and manage their blood pressure independently.

Keywords: Preeclampsia, health education, pregnant women, blood pressure