

ABSTRAK

Studi Kasus Akseptor KB Suntik 3 Bulan Dengan Faktor Risiko Hipertensi Di Puskesmas Simomulyo

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Pendahuluan : Metode kontrasepsi yang dapat menyebabkan faktor risiko hipertensi adalah kontrasepsi hormonal seperti : Pil Oral Progestin, Pil Kombinasi, KB Suntik 3 bulan, KB Suntik Kombinasi, Implan, Alat Kontrasepsi Dalam Rahim (IUD) Pelepas Levonorgestrel. Menurut WHO (2022), Banyak perempuan lebih memilih kontrasepsi suntik karena bersifat pribadi dan tidak mengganggu, hanya membutuhkan tindakan setiap 3 bulan sekali, kemungkinan penggunaan KB Suntik akan semakin meningkat. KB Suntik 3 Bulan mengandung hormon progestin *Depoprovera Mendroxy Progesterone Acetat* (DMPA) 150 mg yang dapat berdampak terhadap peningkatan tekanan darah. **Tujuan** : Mendeskripsikan pengkajian dan intervensi pada akseptor KB Suntik 3 bulan dengan risiko hipertensi di Puskesmas Simomulyo. **Metode** : Penelitian ini dilakukan menggunakan desain penelitian deskriptif. Lokasi Penelitian dilakukan di Puskesmas Simomulyo, waktu penelitian 05 Februari hingga 17 Mei 2024 dengan teknik pengumpulan data dengan wawancara dan observasi studi kasus. Subjek dalam penelitian ini adalah 2 Akseptor KB Suntik 3 bulan dengan kriteria lama penggunaan KB Suntik 3 Bulan ≥ 1 tahun, obesitas, usia lebih ≥ 30 tahun. **Hasil Penelitian dan Pembahasan** : Ny. Er dan Ny. Ek akseptor KB Suntik 3 Bulan memiliki faktor resiko hipertensi yaitu kriteria lama penggunaan KB Suntik 3 Bulan ≥ 1 tahun, obesitas, usia lebih ≥ 30 tahun . Intervensi yang ada yaitu lakukan monitoring tekanan darah dan apabila tekanan darah $\geq 140/90$ mmHg maka akan dianjurkan untuk mengganti Metode Kontrasepsi Jangka Panjang (MKJP). **Simpulan** : Hasil dari pengkajian dan intervensi didapatkan faktor risiko hipertensi pada Akseptor KB Suntik 3 Bulan.

Kata Kunci : KB Suntik 3 Bulan ; Hipertensi

ABSTRACT

Case Study of 3-Month Injectable Contraceptive Acceptors with Hypertension Risk Factors at Simomulyo Community Health Center

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Introduction: Contraceptive methods that can cause risk factors for hypertension are hormonal contraceptives such as Progestin Oral Pills, Combined Pills, 3-Month Injectable Contraceptives, Combined Injectable Contraceptives, Implants, and Levonorgestrel-Releasing Intrauterine Devices (IUD). According to WHO (2022), many women prefer injectable contraceptives because they are private and non-intrusive, requiring action only once every three months. The use of injectable contraceptives is likely to increase. The 3-Month Injectable Contraceptive contains the progestin hormone Depo-Provera Medroxyprogesterone Acetate (DMPA) 150 mg, which can impact blood pressure elevation. **Objective:** To describe the assessment and intervention for 3-month injectable contraceptive acceptors with hypertension risk at Simomulyo Community Health Center. **Method:** This study was conducted using a descriptive research design. The research was conducted at Simomulyo Community Health Center from February 5 to May 17, 2024, using data collection techniques that included interviews and case study observations. The subjects in this study were 2 acceptors of 3-month injectable contraceptives who met the criteria of using the injectable contraceptive for ≥ 1 year, being obese, and being aged ≥ 30 years. **Results and Discussion:** Mrs. Er and Mrs. Ek, acceptors of 3-month injectable contraceptives, have hypertension risk factors, namely using the injectable contraceptive for ≥ 1 year, obesity, and age ≥ 30 years. The intervention includes monitoring blood pressure, and if the blood pressure is $\geq 140/90$ mmHg, it is recommended to switch to a Long-Acting Reversible Contraceptive (LARC) method. **Conclusion:** The assessment and intervention revealed hypertension risk factors among 3-month injectable contraceptive acceptors.

Keywords: 3-Month Injectable Contraceptive; Hypertension