

# THE CASE REPORTS ORPHANAGE OBSTETRICS MENOPAUSE WITH BLEEDING 2 MONTHS AT PREMARY HEALTH CARE NGESREP

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**Submission date:** 13-Jan-2023 03:19PM (UTC+0700)

**Submission ID:** 1992201401

**File name:** artikel\_icpim\_7.pdf (2.28M)

**Word count:** 1724

**Character count:** 9655



## THE CASE REPORTS ORPHANAGE OBSTETRICS MENOPAUSE WITH BLEEDING 2 MONTHS AT PREMERY HEALTH CARE NGESREP

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### ABSTRACT

The world health organization (WHO) in Asia, in 2025 the number of women who have menopause will rise from 107 million people to 373 million people. Menopause is experienced by many women almost all over the world around 70 - 80 % in European women, 60 % in America, 57 % in Malaysia, 18 % in China, 10 % in Japan and also 10 % in Indonesia. According to the central bureau of statistics (BPS) 2013, the increase in life expectancy (UHH) in 2000 in Indonesia is 64,5 years with 7,18 % of the elderly population. This figure rose to 69,43 in 2010 with the elderly population 7,56 % and in a year with the 2011 69,65 % with 7,58 elderly population. With increasing life expectancy, there is an increased occurrence of disease in women, especially in women experiencing menopause, good, early menopause premenopausal, perimenopausal and postmenopausal general to experience symptoms of the top (climacteric) and transition or intermediate. Bleeding in postmenopausal women are complaints that are often experienced by women in postmenopausal. Bleeding in postmenopausal women happens to about 4-11 % of women who are in menopause. 10 % of cases are caused by the ferocity of, namely, endometrial cancer. The highest incidence of endometrial cancer is found in women in postmenopausal aged 60-79 years. Case studies by the observational descriptive with the approach of the case study method research conducted by means of research through a case consisting of a single unit. This case study using the obstetrics care 7 varney from collecting a baseline data to evaluation and the development of using SOAP. Found the bleeding leading to pathology so done the act of collaboration with dr. SpOG for further examination. Examination in the laboratory support, ultrasound and referred to the hospital. A woman can be said to be in menopause when the menstrual cycle stops for at least 12 months consecutively. After menopause, some women can still bleed from the vagina called also as postmenopausal bleeding.

**Keywords :** Menopause, postmenopausal bleeding

### 1. INTRODUCTION

Menopause is occurring in the natural every woman, and it is affected by different cultures and individual perception. To people in general, adult age having high appreciation than age especially women who had menopause. Menopause is a phenomenon in the life of women characterized by cessation of the menstrual cycle within a few years before the woman undergoes menstruation (Setyowati, 2018). The average age a woman had menopause is 51 years, but can happen to age 40-45 years old and still normal category (Holland, 2015). In the before menopause, various complaints that will be experienced in women, menopause as irritable, fear, agitated, irritable, hot flashes (hot flushes), depression, headache, fast tired, difficult to concentrate, easily forgotten, less power, weight loss, bone pain and muscles, sleep disorders, obstipasi, the beating heart.

The world health organization (WHO) in Asia, in 2025 the number of women who have menopause will increase from 107 million to 373 million people. Menopause is experienced by many women almost all over the world around 70-80 % in European women, 60 % in America, 57 % in Malaysia, 18 % in China, 10 % in Japan and also 10 % (Fitriani 2018). Based on the calculation of statistics in 2020 the country's population is expected to reach 262,6 million inhabitants and the number of women who live in of our at between 45-55 years about 30,3 million people) 2018. According to the central bureau of statistics (BPS) 2013, the increase in life expectancy (UHH) in 2000 in Indonesia is 64,5 years with 7,18 % of the elderly population. This figure rose to 69,43 in 2010 with the elderly population 7,56 % and in a year with the 2011 69,65 % with 7,58 elderly population. According to the distribution of the elderly.



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Menopause is the end of the menstrual cycle routine permanently resulting from the loss of the activity of the ovary. Said to have a woman can menopause when the menstrual cycle berturut-turut stop for at least 12 months. This condition usually occurs in old lady 50-55 years. It is (Abramovitz 2020). Bleeding enough pascamenopause are complaints pascamenopause often experienced by women. Bleeding pascamenopause occurred at around 4-11 % woman is menopause. Although most cases are mild disease pascamenopause bleeding, 10 % cases caused by malignancy, the endometrial cancer. The highest insidensi endometrial cancer found in women aged 60 pascamenopause 79 years. It is (Abramovitz 2020).

## 2. METHOD

The kind of case study of writing is a case study by the observational descriptive with the approach the case study method research conducted by means of research the problem through a case consisting of a single unit (Notoatmodjo, 2010). This case study using the obstetrics care 7 varney from collecting a baseline data to evaluation and the development of using SOAP. The case study is the location where the case was conducted (Notoatmodjo, 2005). In the preparation of this case study authors take ngesrep locations in the. The case study subjects research that is a subject that intended for examination by researchers Arikunto (research or target, 2006). Subjects used in this case is Mrs. I P2A0 with hemorrhage Ngesrep 2 months in public health. This case study implemented beginning on the 21 to July 22 until finish. Instrumen used writer for data collection is format for the assessment the care of obstetrics by using 7 step management obstetrics Varney. The technique of the collection of data using primary data from anamnesa and physical examination.

## 3. RESULT AND DISCUSSION

In this case the assessment is based on subjective data of the state of Mrs. I experiencing complaints of brownish red blood discharge 2 during the month and there is a sense of heat from the face spread throughout the body, and followed by the onset of redness in the face and neck and sweating at night since 1 Week ago, objective data on Mrs. I mom's condition is anxious. Blood

pressure : 140/90 mmhg, Pulse : 80x / min ,  
Temperature : 38,5 C, Respiration : 20x / min.

Midwifery care in Mrs. I with postmenopausal bleeding monitor the general condition and vital signs, as well as provide counseling about the changes that occur during menopause, recommends to exercise, recommends to consume nutritious foods containing Vitamin B complex such as green vegetables and side dishes namely tofu and tempeh, consume foods containing vitamin E such as wheat, beans, eel, fish oil, egg yolks, beans, lettuce, broccoli and sweet potatoes provide drug therapy clonidine 0.1 2 x A Day 6 tablets, vitamin B 10 tablets 1 x a day and FE 1 x Day 10 tablets. Further, a referral to dr. SpOG for further inspection.

## 4. CONCLUSION

Assessment of subjective and objective data carefully degan able to establish the correct diagnosis. for further treatment in accordance with the needs of the patient. the patient is confirmed to have menopause and abnormal bleeding leads to the occurrence of a disease. in primary facilities, collaboration actions can be carried out to secondary facilities.

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