

## ESSENCE

### **6 PERICARDIUM POINT ACUPRESSURE IN OVERCOME NAUSEA AND VOMITING IN PREGNANT WOMEN THROUGH THE MEDIA POSTER**

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**Background;** Nausea and vomiting is a complaint that is often experienced by pregnant women. Nearly 50-90% of pregnant women experience nausea in the first trimester. Based on the background above, the authors are interested in how to increase public knowledge, especially pregnant women, about acupressure therapy pericardium 6 in dealing with complaints of nausea and vomiting using the poster method. **Aim;** This poster aims to increase public knowledge, especially pregnant women, on the treatment of nausea and vomiting, one of which is the non-pharmacological method in the form of acupressure at the point of the pericardium 6. **Method;** The method used in making this poster is using Adobe Photoshop software. Poster designed based on guidelines published by 'Aisyiyah Suarakarta University. **Result;** the creation of educational media, namely posters that can be useful for various parties, can provide insight into knowledge and handling complaints of nausea and vomiting experienced by pregnant women. The output of this poster will be submitted for Intellectual Property Rights (HKI) to obtain a Copyright. **Conclusion;** The posters that are made are expected to help educate, especially pregnant women and can be used as an alternative in handling complaints of nausea and vomiting experienced by pregnant women with non-pharmacological therapy, namely in the form of acupressure pericardium 6.

**Keywords:** *Acupressure, Pericardium 6, Nausea, Vomiting, Pregnancy.*

