

**IMPROVING KNOWLEDGE OF TRIMESTER 1 PREGNANT WOMEN
WITH GINGERED GINGER TO REDUCE GRAVIDARUM EMESIS
THROUGH POSTER MEDIA**

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ESSENCE

Background; One of the most common complaints in pregnancy is nausea, vomiting or emesis gravidarum, which is caused by increased levels of the hormones estrogen and HCG (Human Chorionic Gonadotrophin). In addition, progesterone is also thought to be a factor in nausea and vomiting. This symptom is physiological. One of the treatments that can be overcome is ginger because it is more practical and easy to obtain and proven to be effective in reducing emesis gravidarum by drinking steeping ginger regularly to reduce emesis gravidarum in first trimester pregnant women, this is caused by a compound. gingerol in ginger which has serotonin blocking properties. **Aim;** It is hoped that it can provide information to the public, especially for pregnant women in the first trimester by administering ginger to reduce emesis gravidarum. **Output Description;** The theme of this poster is the benefits of giving ginger to reduce emesis gravidarum and is created using a computer application software with a minimum resolution of 300 dpi. **Conclusion;** Ginger ginger can reduce complaints of emesis gravidarum in first trimester pregnant women and poster how to reduce emesis gravidarum in first trimester pregnant women by consuming ginger can be used as a medium of education, communication, and information.

Keywords; *Pregnancy, emesis gravidarum, ginger*