

EDUCATION USING BOOKLET MEDIA ON THE BENEFITS OF GINGER DRINK FOR EMESIS GRAVIDARUM IN PREGNANT WOMEN

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SUMMARY

Background: *Emesis gravidarum is nausea and vomiting in pregnant women influenced by physical and psychological factors. Ginger drink is effective in reducing these symptoms, but its use in healthcare facilities is still limited. Education through booklets is needed to increase the use of ginger as a safe and practical way to manage emesis gravidarum.* **Objective:** *To develop a booklet on the benefits of ginger drink to help manage problems in pregnant women with emesis gravidarum.* **Method:** *The booklet was created using the Canva application. The booklet then underwent a revision process, input from the supervisor and three respondents, and improvements were made by the author.* **Results:** *The booklet titled "Education Using Booklets on the Benefits of Ginger Drinks for Emesis Gravidarum in Pregnant Women" contains information on the efficacy of ginger drinks in treating emesis gravidarum in pregnant women and has Intellectual Property Rights (IPR). The booklet contains the title, educational material presented, and a list of references used.* **Conclusion:** *A booklet on the benefits of ginger drinks for emesis gravidarum in pregnant women as a non-pharmacological alternative to treating nausea and vomiting has been developed. It serves as an engaging promotional and educational medium that is accessible to readers.*

Keywords: *Pregnant Women, Ginger Drinks, Emesis Gravidarum, Booklet*