

ACUPRESSUR TO REDUCE NAUSEA AND VOMITING IN PREGNANT WOMEN IN TRIMESTER I

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SUMMARY

Background : *Pregnancy is a reproductive process that needs special care to run well. In pregnancy there will be changes both physiologically and psychologically, most of these changes are due to the influence of hormones, namely an increase in the hormones progesterone and estrogen, an increase in these hormones will appear various kinds of physiological discomfort in first trimester pregnant women, one of which is nausea and vomiting, Walyani, (2015) . Nausea and vomiting of pregnancy is a common problem that can have serious consequences for both mother and baby. Acupressure is a non-pharmacological action that is useful for reducing nausea and vomiting in first trimester pregnant women. Acupressure can be done anywhere and does not require a fee. **Purpose :** This communication, information and education aims to explain Acupressure to reduce the frequency of nausea and vomiting in pregnancy in the first trimester. **Method :** The method used in this communication, information and education is video. **Result:** Video entitled "Acupressure to Reduce Nausea and Vomiting in First Trimester Pregnant Women." **Conclusion:** The videos made educate the public, especially pregnant women and can be used as an alternative for handling complaints of nausea and vomiting in first trimester pregnant women with non-pharmacological therapy in the form of acupressure at the pericardium 6 point.*

Keywords : *Acupressure, Pregnancy, Video*