

ABSTRAK

Laporan Kasus pada Kehamilan Trimester III dengan Anemia di Puskesmas Simomulyo Surabaya

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Pendahuluan : Anemia merupakan keadaan sel darah merah atau kadar hemoglobin yang berada di dalam aliran darah berkurang sehingga tidak bisa mengedarkan oksigen ke semua jaringan yang berada di dalam tubuh. Anemia dibedakan menjadi 3 yaitu anemia ringan jika kadar hemoglobin 10.9-10 g/dL, anemia sedang 9-7.9 g/dL, dan anemia berat <7 g/dL. Tujuan dari penelitian ini adalah untuk memberikan asuhan kebidanan pada ibu hamil trimester III dengan Anemia. **Metode :** Penelitian ini menggunakan desain penelitian deskriptif dengan pendekatan laporan kasus yang terdiri dari langkah SOAP yaitu pengumpulan data subjektif dan objektif, analisis data, dan penatalaksanaan. Responden dalam penelitian ini berjumlah 1 orang ibu hamil trimester III dengan Anemia yang dilakukan selama 4 minggu dengan melakukan pemantauan kadar hemoglobin setiap 2 minggu sekali. **Hasil Penelitian dan Pembahasan :** Hasil pengkajian data subjektif ibu mengeluh merasa pusing berkunang-kunang setelah berbaring dan duduk yang terlalu lama, mudah merasa lelah, dan sulit tidur saat malam hari, pemeriksaan fisik pada bagian wajah dan konjungtiva tampak pucat, pemeriksaan hasil laboratorium dengan hasil kadar hemoglobin 10 g/dL, penatalaksanaan yang diberikan dengan menjelaskan anemia dalam kehamilan, dampak anemia bagi ibu dan janin, memberikan tablet tambah darah, menjelaskan aturan minum, menganjurkan ibu untuk makan bergizi dengan panduan isi piringku, mengonsumsi makanan yang terdapat kandungan zat besi dan vitamin C, menganjurkan untuk melakukan pemeriksaan Hb ulang. **Simpulan :** Didasarkan pada langkah pendokumentasian SOAP yang terdiri dari pengumpulan data subjektif, data objektif, analisa data, penatalaksanaan tidak ditemukan kesenjangan antara praktik dan teori.

Kata Kunci : Kehamilan, Anemia, Hemoglobin

ABSTRACT

Case Report on 3rd Trimester Pregnancy with Anemia at the Simomulyo Health Center Surabaya

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Introduction : Anemia is a condition in which red blood cells or erythrocytes or hemoglobin mass in the blood is reduced so that it cannot carry oxygen to all tissues. Anemia is divided into 3, namely mild anemia if the hemoglobin level is 10.9-10 g / dL, moderate anemia 9-7.9 g / dL, and severe anemia <7 g / dL. The purpose of this study was to provide midwifery care for pregnant women in the third trimester with anemia. Anemia is a condition in which the number of red blood cells or hemoglobin levels in the bloodstream are reduced, preventing oxygen from being distributed throughout the body's tissues. Anemia is classified into three categories: mild anemia with a hemoglobin level of 10.9-10 g/dL, moderate anemia with a hemoglobin level of 9-7.9 g/dL, and severe anemia with a hemoglobin level of less than 7 g/dL. The purpose of this study is to provide obstetric services to pregnant women in their third trimester who suffer from anemia. **Methods :** This study used a descriptive research design with a case report approach consisting of SOAP steps, namely subjective and objective data collection, data analysis, and management. Respondents in this study were 1 third trimester pregnant woman with anemia who was carried out for 4 weeks by monitoring hemoglobin levels every 2 weeks. **Research Results and Discussion :** The results of the subjective data assessment of the mother complained of feeling dizzy and seeing stars after lying down and sitting for too long, easily feeling tired, and having difficulty sleeping at night, physical examination of the face and conjunctiva looked pale, laboratory examination results with hemoglobin levels of 10 g / dL, management given by explaining anemia in pregnancy, the impact of anemia on the mother and fetus, providing iron supplements, explaining drinking rules, encouraging the mother to eat nutritious food with the contents of my plate guide, consuming foods containing iron and vitamin C, suggesting to do a repeat Hb examination. **Conclusion :** Based on the SOAP documentation steps consisting of subjective data collection, objective data, data analysis, and management, no gaps were found between practice and theory..

Keywords: *Pregnancy, Anemia, Hemoglobin*