

ABSTRAK

Laporan Kasus Pada Ibu Hamil Dengan Anemia Ringan Di Puskesmas Sedati Kabupaten Sidoarjo

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Pendahuluan: Kondisi anemia sering menjadi masalah yang dialami oleh ibu hamil, dan berisiko menimbulkan komplikasi pada ibu maupun janin. Gejala anemia ringan umumnya meliputi Jumlah hemoglobin berkisar pada nilai antara 10–10,9 g/dL dan gejala seperti lemas, pusing, dan cepat lelah. Menurut Kementerian Kesehatan RI (2021), Anemia pada kehamilan umumnya terjadi akibat meningkatnya kebutuhan zat besi yang tidak terpenuhi akibat asupan gizi yang kurang memadai. Data dari Puskesmas Sedati menunjukkan masih ditemukan kasus anemia ringan pada ibu hamil di trimester kedua. Tujuan dari laporan kasus ini adalah menerapkan dan memperoleh gambaran umum manajemen asuhan kebidanan pada ibu hamil dengan anemia ringan. **Metode:** Penulisan laporan ini dilakukan dengan pendekatan studi kasus (*case report*) dan dilakukan di Puskesmas Sedati, Kabupaten Sidoarjo. Metode pengumpulan data mencakup wawancara dan observasi, pemeriksaan fisik, dan dokumentasi. **Hasil:** Permasalahan utama yang dialami Ny. H ditangani melalui konseling dan kolaborasi dengan dokter dalam pelaksanaan terapi. **Kesimpulan:** Setelah pemberian asuhan kebidanan kepada Ny. H, diperoleh hasil bahwa ibu memahami pentingnya gizi selama kehamilan, mulai memperbaiki pola makan, dan menunjukkan kepatuhan dalam mengonsumsi TTD. Keadaan umum ibu baik, dan gejala anemia ringan berangsur membaik. Asuhan telah didokumentasikan dalam bentuk SOAP.

Kata Kunci; anemia ringan, ibu hamil, zat besi, tablet tambah darah

ABSTRACT

Case Report of a Pregnant Woman with Mild Anemia at Sedati Public Health Center, Sidoarjo Regency

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Introduction: Anemia in pregnancy is a common issue that can pose significant risks to both the mother and the fetus if left untreated. Mild anemia is characterized by a hemoglobin level between 10–10.9 g/dL and symptoms such as fatigue, dizziness, and weakness. Based on data from the Ministry of Health of the Republic of Indonesia (2021), the main cause of anemia in pregnancy is an increased demand for iron that is not met by sufficient nutritional intake. Data from Sedati Public Health Center shows that cases of mild anemia are still found among pregnant women in their second trimester. The purpose of this case report is to implement and describe the management of midwifery care for a pregnant woman with mild anemia. **Method:** This case report was conducted using a descriptive case study method at Sedati Public Health Center, Sidoarjo Regency. Data collection techniques included interviews, observation, physical examination, and documentation. **Results:** The subject, Mrs. D, 32 years old, G1P1A0, 15–16 weeks of gestation, complained of dizziness, fatigue, and lightheadedness. The assessment revealed poor dietary habits and low intake of iron-rich foods. The midwifery care provided included nutritional counseling, encouragement to consume iron- and vitamin C-rich foods, and routine administration of iron supplementation (iron tablets). **Kesimpulan:** After midwifery care was provided to Mrs. D, the results showed that the patient had a better understanding of nutritional needs during pregnancy, improved her eating habits, and showed compliance in taking iron tablets. The patient's general condition was good, and the symptoms of mild anemia gradually improved. The care process was documented in SOAP format.

Keywords; mild anemia, pregnant woman, iron, iron tablets, nutritional counseling