

## ABSTRAK

Selama kehamilan terjadi perubahan hematologi berupa hemodilusi, yaitu peningkatan volume plasma darah yang melebihi jumlah eritrosit sehingga menurunkan konsentrasi hemoglobin hingga sekitar 30%. *Primigravida* lebih rentan mengalami anemia karena kurangnya pengalaman dalam menghadapi perubahan fisiologis serta rendahnya pemahaman terhadap pentingnya nutrisi dan konsumsi zat besi secara teratur. Berdasarkan data Puskesmas Arosbaya tahun 2024, terdapat 10,6% (33 dari 350) ibu hamil mengalami anemia. Untuk mengatasi anemia, terdapat program konsumsi *Multiple Micronutrient Supplement* (MMS) dan tablet Fe setiap hari selama kehamilan. Tujuan Asuhan Kebidanan ini memberikan asuhan kebidanan pada *Primigravida* Trimester III dengan anemia.

Metode laporan ini menggunakan desain deskriptif dengan pendekatan *case report* yang dilakukan di wilayah kerja Puskesmas Arosbaya pada Juni–Juli 2025. Subjek kasus adalah *Primigravida* usia kehamilan 30–31 minggu dengan anemia ringan. Data dikumpulkan melalui *informed consent*, wawancara terstruktur, pemeriksaan fisik *head to toe*, dan hasil laboratorium kadar hemoglobin. Penelitian ini juga memperhatikan aspek etik kebidanan, yaitu *Respect For Person*, menghargai hak pasien untuk membuat keputusan berdasarkan informasi yang jelas yaitu dalam bentuk *informed consent*.

Asuhan kebidanan dilakukan dalam tiga kali kunjungan. Kunjungan pertama dilakukan pengkajian dan intervensi terhadap keluhan anemia seperti pusing, lemas, dan mata berkunang-kunang dengan pemberian tablet Fe dan MMS serta edukasi cara konsumsi yang tepat. Kunjungan kedua dilakukan evaluasi dan intervensi terhadap keluhan nyeri pinggang dengan edukasi olahraga ringan dan posisi tidur yang nyaman. Kunjungan ketiga dilakukan evaluasi akhir, dan ibu menyatakan sudah tidak ada keluhan.

Hasil asuhan menunjukkan bahwa anemia sudah teratasi dengan hasil kadar Hb naik menjadi 11,4 g/dL dan hilangnya keluhan nyeri pinggang serta tidak terdapat penyulit pada akhir trimester III. Pemberian edukasi berkesinambungan dan intervensi nonfarmakologis terbukti membantu meningkatkan kondisi fisik dan kenyamanan ibu hamil.

**Kata kunci:** *Primigravida*; Anemia; Trimester III

## **ABSTRACT**

*During pregnancy, hematological changes occur in the form of hemodilution, where the increase in plasma volume exceeds the number of erythrocytes, resulting in a decrease in hemoglobin concentration by approximately 30%. Primigravida women are more susceptible to anemia due to their lack of experience in adapting to physiological changes and limited understanding of the importance of nutrition and regular iron intake. Based on 2024 data from Arosbaya Community Health Center, 10.6% (33 out of 350) of pregnant women experienced anemia. To address this condition, a daily supplementation program with Multiple Micronutrient Supplements (MMS) and iron tablets (Fe) is provided throughout pregnancy. The purpose of this midwifery care is to provide comprehensive management for a third-trimester primigravida with anemia.*

*This report uses a descriptive design with a case report approach, conducted in the working area of Arosbaya Community Health Center from June to July 2025. The case subject was a primigravida at 30–31 weeks of gestation with mild anemia. Data collection included obtaining informed consent, conducting structured interviews, performing a head-to-toe physical examination, and measuring hemoglobin levels in the laboratory. The study also adhered to midwifery ethical principles, particularly respect for persons, which involves honoring the patient's right to make decisions based on clear information, as documented in the informed consent.*

*Midwifery care was carried out over three visits. The first visit involved assessment and intervention for anemia-related complaints such as dizziness, fatigue, and blurred vision through the administration of Fe tablets and MMS, along with education on proper intake. The second visit focused on evaluating and addressing lower back pain complaints by providing education on light exercise and comfortable sleeping positions. The third visit served as the final evaluation, in which the mother reported no remaining complaints.*

*The results showed that the anemia had resolved, with hemoglobin levels increasing to 11.4 g/dL, the disappearance of lower back pain, and no complications at the end of the third trimester. Continuous education and non-pharmacological interventions proved effective in improving the physical condition and comfort of the pregnant woman.*

**Keywords: Primigravida; Anemia; Third Trimester**