

ABSTRAK

Natasya windie fahrizati

CASE REPORT PADA PRIMIGRAVIDA TRIMESTER III DENGAN ANEMIA RINGAN DI PUSKESMAS KAMAL KABUPATEN BANGAKALAN

xiii + 156 Halaman + 1Tabel + 8 Lampiran

Anemia ringan pada ibu hamil ditandai dengan kadar hemoglobin 10,0–10,9 g/dL. Berdasarkan SKI 2023, prevalensi anemia ibu hamil di Indonesia mencapai 27,7%, di Jawa Timur 10,58%, dan di Puskesmas Kamal meningkat dari 28,1% (2023) menjadi 69,57% (2024). Anemia lebih banyak terjadi pada primigravida (44,6%) dibanding multigravida (12,8%) dan umumnya disebabkan oleh kurangnya asupan zat besi, pola makan tidak seimbang, serta kepatuhan rendah dalam mengonsumsi tablet Fe. Kondisi ini dapat berdampak pada komplikasi kehamilan dan gangguan pertumbuhan janin. Penelitian ini menggunakan desain deskriptif dengan pendekatan studi kasus pada seorang ibu primigravida trimester III dengan anemia ringan di wilayah kerja Puskesmas Kamal. Data dikumpulkan melalui anamnesis (SOAP), observasi, dan dokumentasi selama tiga kali kunjungan rumah.

Hasil asuhan menunjukkan pada kunjungan pertama (28–29 minggu) ibu mengeluh pusing, nyeri punggung, dan tidak teratur mengonsumsi Fe. Dilakukan edukasi tentang anemia, pentingnya konsumsi Fe, pola makan bergizi, serta pemberian Fe dan MMS. Kunjungan kedua (29–30 minggu), keluhan pusing membaik, ibu mengeluh sering BAK dan cemas terkait lilitan tali pusat. Edukasi diberikan tentang normalnya sering BAK trimester akhir, anjuran mengatur cairan dan posisi tidur, serta dukungan psikologis. Kunjungan ketiga (31–32 minggu) menunjukkan peningkatan Hb menjadi 15,1 g/dL, tablet Fe dihentikan, MMS dilanjutkan, dan edukasi diberikan untuk mengatasi nyeri punggung dengan peregangan dan postur tubuh yang benar.

Setelah dilakukan tiga kali kunjungan rumah dan evaluasi berkala, ibu menunjukkan perubahan perilaku yang positif, yakni mulai teratur dalam mengonsumsi tablet Fe dan MMS sesuai anjuran. Hasil dari kepatuhan ini tampak pada peningkatan signifikan kadar Hb menjadi 15,1 g/dL. Keberhasilan ini mencerminkan efektivitas suplementasi tablet Fe dan MMS, pola makan seimbang, edukasi, serta pemantauan berkelanjutan selama kunjungan. Pendekatan edukatif dan pemantauan berkelanjutan yang diberikan selama kunjungan. Untuk menjaga kondisi tetap optimal dan mencegah anemia berulang, ibu dianjurkan untuk terus mempertahankan pola makan bergizi seimbang dan tetap rutin mengonsumsi suplemen MMS sesuai arahan tenaga kesehatan. Edukasi berkelanjutan dan pendampingan selama kehamilan diharapkan mampu meningkatkan derajat kesehatan ibu dan janin hingga persalinan nanti.

Kata kunci : Anemia Ringan, Primigravida, Trimester III

ABSTRACT

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CASE REPORT ON THIRD TRIMESTER PRIMIGRAVIDA WITH MILD ANEMIA AT KAMAL COMMUNITY HEALTH CENTER, BANGKALAN REGERENCY

xiii + 156 Pages + 1 Tables + 8 Appendices

Mild anemia in pregnant women is characterized by hemoglobin levels of 10.0–10.9 g/dL. Based on SKI 2023, the prevalence of anemia in pregnant women in Indonesia reached 27.7%, in East Java 10.58%, and at Kamal Public Health Center it increased from 28.1% (2023) to 69.57% (2024). Anemia occurs more frequently in primigravida (44.6%) compared to multigravida (12.8%) and is generally caused by insufficient iron intake, unbalanced diet, and low adherence to iron tablet (Fe) consumption. This condition may lead to pregnancy complications and fetal growth disorders. This study employed a descriptive design with a case study approach on a third-trimester primigravida with mild anemia in the working area of Kamal Public Health Center. Data were collected through anamnesis (SOAP), observation, and documentation during three home visits.

The results showed that in the first visit (28–29 weeks), the mother complained of dizziness, back pain, and irregular Fe consumption. Interventions included education about anemia, the importance of regular Fe intake, balanced diet, and provision of Fe and MMS supplements. On the second visit (29–30 weeks), dizziness improved, but the mother complained of frequent urination and anxiety regarding umbilical cord entanglement. Education was given on the normality of frequent urination in the third trimester, fluid regulation, sleeping position, and psychological support. On the third visit (31–32 weeks), hemoglobin levels increased to 15.1 g/dL, Fe tablets were discontinued, MMS was continued, and education was provided to manage back pain through stretching, proper posture, and pillow support.

After three home visits and periodic evaluations, the mother demonstrated positive behavioral changes, becoming more consistent in consuming Fe and MMS as recommended. This compliance resulted in a significant increase in Hb levels to 15.1 g/dL. The success reflects the effectiveness of Fe and MMS supplementation, balanced diet, education, and continuous monitoring during home visits. To maintain optimal condition and prevent recurrence of anemia, the mother was advised to continue a balanced diet and consume MMS regularly as instructed by health workers. Continuous education and assistance during pregnancy are expected to improve maternal and fetal health until delivery.

Keywords : Mild Anemia, Primigravida, Third Trimester