

ABSTRAK

Kehamilan normal selama 40 minggu atau 9 bulan. Kehamilan akan berisiko tinggi jika memiliki beberapa faktor, salah satunya karena Hb ibu kurang dari normal (anemia), dampak pada ibu hamil TM III antara lain persalinan prematur, KPD, partus lama, antonia uteri, persalinan sc, dan perdarahan. Sedangkan dampak terhadap bayi yaitu resiko IUGR, hambatan tumbuh kembang janin, prematur dan BBLR. Di Puskesmas Klampis pada tahun 2025 bulan Januari terdapat 20,9% (19) ibu dengan anemia dari 86 ibu hamil. Tujuan dari pembuatan studi kasus ini untuk melakukan asuhan kebidanan pada multigravida TM III dengan anemia.

Metode desain deskripsi dengan pendekatan studi kasus dengan subjek multigravida TM III dengan anemia ringan. Waktu pengambilan kasus pada bulan Januari sampai Juli. Berlokasi di rumah pasien desa Bator Kecamatan Klampis dengan sasaran pada Ny.M usia 33 tahun dengan anemia. Teknik yang di gunakan dalam pengumpulan data berupa anamnesa, observasi serta dokumentasi, Analisa dan penetapan diagnosa berdasarkan nomenklatur kebidanan dengan hasil yang didokumentasikan melalui SOAP. Alat yang digunakan kuisisioner, djj, metlin, timbangan, Hb meter. Penelitian ini dilaksanakan sesuai prinsip etika, dengan informed consent yang telah ditandatangani oleh pasien setelah mendapatkan penjelasan mengenai tujuan pada penelitian.

Pada kunjungan pertama, ibu mengatakan keluhananya nyeri pinggang dan sulit tidur, ditemukan hasil pemeriksaan BB 61 kg, TFU 30 cm, sedangkan pada pemeriksaan fisik ibu yaitu konjungtiva pucat, hasil laboratorium Hb ibu 10,6 gr/dL sehingga ditemukan diagnosis G2P1A0 usia kehamilan 31-32 dengan anemia ringan, dan diberikan asuhan kebidanan pada masa kehamilan antara lain memberikan HE cara mengatasi nyeri pinggang, HE pentingnya konsumsi tablet Fe, He pola makan bergizi kaya zat besi, serta pemberian tablet Fe 2x1 dan Kalk 1x1, serta menganjurkan istirahat yang cukup, dan HE tanda bahaya kehamilan. Diagnosa kehamilannya adalah G2P1A0 usia kehamilan 34-35 minggu dengan anemia ringan. Asuhan diberikan kepada ibu dianjurkan tetap konsisten dalam mengonsumsi tablet fe serta menjaga pola makan dan istirahat, He tanda-tanda persalinan.

Asuhan kebidanan telah dilakukan dengan baik, diharapkan ibu tetap melakukan pemeriksaan ke fasilitas kesehatan untuk melakukan pemeriksaan ANC untuk menjaga kesehatan ibu serta janin, ibu juga diharapkan tetap memenuhi kebutuhan nutrisinya dengan baik. Ibu juga diharapkan untuk tetap melakukan aktivitas fisik seperti prenatal yoga untuk membantu ibu dalam persiapan persalinan nantinya.

Kata kunci: Anemia Ringan, Multigravida, Trimester III, dan Gizi.

ABSTRACT

A normal pregnancy will last for 40 weeks or 9 months. Pregnancy will be high risk if it has several factors, one of which is because the mother's Hb is less than normal (anemia), the impact on pregnant women in the third trimester includes premature labor, KPD, prolonged labor, uterine atony, cesarean delivery, and bleeding. While the impact on the baby is the risk of IUGR, fetal growth retardation, prematurity and low birth weight. At the Klampis Health Center in January 2025 there were 20.9% (19 people) of pregnant women who experienced anemia out of 86 pregnant women. The purpose of this case study is to provide midwifery care for multigravida in the third trimester with anemia.

The method used is a descriptive design with a case study approach with a multigravida subject TM III with mild anemia. The time of case collection was from January to July. Located at the patient's house in Bator Village, Klampis District, targeting Mrs. M, 33 years old with anemia. The techniques used in data collection were anamnesis, observation and documentation, analysis and determination of diagnosis based on obstetric nomenclature with the results documented through SOAP. The tools used were questionnaires, djg, metlin, scales, Hb meter. This research was carried out in accordance with ethical principles, with informed consent signed by the patient after receiving an explanation of the purpose of the research.

On the first visit, the mother said her complaints were back pain and difficulty sleeping, the results of the examination showed a weight of 61 kg, TFU 30 cm, while on the mother's physical examination, the conjunctiva was pale, the laboratory results of the mother's Hb were 10.6 gr / dL so that a diagnosis of G2P1A0 was found at 31-32 weeks of gestation with mild anemia, and midwifery care was given during pregnancy, including providing HE on how to overcome back pain, HE on the importance of consuming Fe tablets, HE on a nutritious diet rich in iron, as well as providing Fe tablets 2x1 and Kalk 1x1, as well as recommending adequate rest, and HE on danger signs of pregnancy. The pregnancy diagnosis was G2P1A0 at 34-35 weeks of gestation with mild anemia. The care given was that the mother was advised to remain consistent in consuming Fe tablets and maintaining a diet and rest, HE on signs of labor

The midwifery care provided in this case was effective. It is hoped that the mother will continue to visit a healthcare facility for ANC checkups to maintain the health of both mother and fetus. She is also expected to maintain adequate nutritional intake. She is also encouraged to continue physical activity, such as prenatal yoga, to help prepare for labor.

Keywords: Mild Anemia, Multigravida, Trimester III, and Nutrition.