

ABSTRAK

Anemia ringan oleh wanita hamil trimester III tergolong dalam gangguan Kesehatan yang berimplikasi terhadap kesejahteraan ibu dan janin. Kondisi ini ditandai dengan kadar hemoglobin antara 9-10,9 g/dL dan sering dialami oleh primigravida akibat kurangnya asupan zat besi, ketidakteraturan konsumsi tablet tambah darah, serta terbatasnya pemahaman terkait gizi selama kehamilan. Di dapatkan laporan Puskesmas Tonggoh Bangkalan tahun 2024 tercatat 23% dari 225 wanita hamil menderita anemia. Penelitian ditujukan guna mendeskripsikan penatalaksanaan anemia ringan pada primigravida trimester III.

Metode deskriptif diterapkan dalam studi kasus ini yang berlokasi di Puskesmas Tonggoh Kabupaten Bangkalan, Seorang ibu primigravida trimester III dengan Anemia Ringan berdasarkan pemeriksaan Hb. Pada penelitian ini dilakukan 3 kali kunjungan dan data diperoleh melalui kegiatan wawancara serta pemeriksaan fisik terhadap responden, penatalaksanaan maupun evaluasi. Penelitian ini dilakukan sesuai prinsip etika dengan informed consent yang telah ditandatangani oleh pasien setelah mendapatkan penjelasan mengenai tujuan penelitian

Hasil penelitian berdasarkan pengumpulan data didapatkan pada kunjungan pertama kehamilan Ny.I G1P0A0 usia kehamilan 28-29 minggu ibu mengeluh pusing saat bangun dari tempat tidur didapatkan hasil pemeriksaan, BB 58 kg, TFU 26 cm, sedangkan pada hasil pemeriksaan fisik didapatkan conjungtiva pucat, Hb 10.4 g/dL, asuhan diberi pada ibu terkait masukan nutrisi dan keteraturan mengonsumsi tablet Fe dan MMS, dan menganjurkan ibu tidak langsung berdiri setelah bangun dari tempat tidur melainkan duduk terlebih dahulu. Hasil pada kunjungan kedua keluhan pusing yang dirasakan bangun dari tempat tidur sudah berkurang hasil pemeriksaan fisik tidak ada kenaikan berat badan BB 58 kg, Tfu 27 cm, asuhan yang diberikan mempertahankan pola nutrisi dan melanjutkan mengonsumsi tablet Fe dan MMS. Hasil pada kunjungan ketiga didapatkan pemeriksaan BB 59 kg dan Hb 16,6 /dL hal ini menunjukkan adanya kenaikan Hb keluhan pusing saat bangun dari tempat tidur sudah teratasi asuhan yang diberikan kepada ibu untuk tetap melanjutkan mengonsumsi tablet Fe dan MMS dan mempertahankan pola nutrisi.

Asuhan dilakukan sebanyak 3 kali kunjungan yang meliputi edukasi keteraturan mengonsumsi tablet Fe dan MMS edukasi pola makan sehingga kadar Hb 10,4 g/dL menjadi 16,6 g/dL. Pada setiap kunjungan dilakukan evaluasi pola makan, keteraturan mengonsumsi tablet Fe dan MMS dan pemantauan melalui kunjungan ANC. Hal ini membuktikan bahwa pendampingan yang diberikan saat hamil terbukti mendukung peningkatan kesehatan ibu serta janin.

Kata Kunci : Primigravida, Anemia Ringan

ABSTRACT

Mild anemia in third-trimester pregnant women is classified as a health disorder that has implications for the well-being of both mother and fetus. This condition is characterized by hemoglobin levels ranging from 9 to 10.9 g/dL and is often experienced by primigravida due to inadequate iron intake, irregular consumption of iron supplements, and limited knowledge regarding nutrition during pregnancy. According to the 2024 report from Tongguh Community Health Center (Puskesmas) in Bangkalan, 23% of 225 pregnant women were recorded as having anemia.

This study aims to describe the management of mild anemia in third-trimester primigravida. A descriptive method was applied in this case study, which took place at Tongguh Community Health Center, Bangkalan Regency. The subject was a third-trimester primigravida with mild anemia based on hemoglobin examination. The study consisted of three visits, and data were collected through interviews and physical examinations of the respondent, as well as through management and evaluation processes. This study was conducted in accordance with ethical principles, with informed consent signed by the patient after receiving an explanation of the study objectives.

The results of data collection showed that during the first visit, the pregnancy of Mrs. I (G1P0A0) at 28–29 weeks of gestation was accompanied by complaints of dizziness upon rising from bed. The examination results showed a body weight of 58 kg, fundal height (FH) of 26 cm, pale conjunctiva, and Hb level of 10.4 g/dL. The mother was provided with education regarding nutritional intake and regular consumption of Fe and MMS tablets, and was advised to sit up slowly before standing to reduce dizziness.

During the second visit, the dizziness upon getting out of bed had decreased. Physical examination showed no weight gain (58 kg) and FH of 27 cm. The care provided focused on maintaining proper nutrition and continuing Fe and MMS supplementation.

During the third visit, the mother's body weight increased to 59 kg and Hb level rose to 16.6 g/dL, indicating improvement. The dizziness had completely resolved. The mother was advised to continue taking Fe and MMS tablets and to maintain her nutritional pattern. The intervention was carried out over three visits, which included education on the regular consumption of Fe and MMS tablets and nutritional counseling, resulting in an increase in Hb levels from 10.4 g/dL to 16.6 g/dL. During each visit, evaluations were conducted on dietary habits, compliance with Fe and MMS intake, and monitoring through ANC visits. This demonstrates that continuous support during pregnancy effectively contributes to improving maternal and fetal health.

Keywords: Primigravida Light Anemia.