

ABSTRAK

ASUHAN KEPERAWATAN PADA IBU HAMIL DENGAN ANEMIA DI WILAYAH KERJA PUSKESMAS MERAKURAK KABUPATEN TUBAN

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Anemia merupakan penyakit kekurangan sel darah merah, ditandai dengan penurunan jumlah sel darah merah dan konsentrasi Hb (*Hemoglobin*) dibawah normal kurang dari 11 gr/dL (Green & Wilkonson, 2012). Dari data Dinas Kesehatan Kabupaten Tuban, Puskesmas Merakurak didapatkan jumlah ibu hamil dengan anemia tahun 2017 sebanyak 281 orang, 2018 sebanyak 103 orang, 2019 sebanyak 79 orang. Tujuan penelitian ini untuk mendeskripsikan asuhan keperawatan ibu hamil dengan anemia di wilayah kerja Puskesmas Merakurak Kabupaten Tuban.

Desain penelitian yang digunakan *deskriptif* dalam bentuk studi kasus dengan pendekatan yang digunakan adalah asuhan keperawatan yang meliputi pengkajian, diagnosa keperawatan, perencanaan, pelaksanaan, dan evaluasi. Metode pengambilan data adalah dengan wawancara, pemeriksaan fisik, dan pemeriksaan penunjang. Subjek penelitian yang digunakan dalam penelitian adalah 2 ibu hamil dengan anemia di wilayah kerja Puskesmas Merakurak Kabupaten Tuban.

Hasil diagnosa keperawatan pada klien 1 sama dengan klien 2 yaitu ketidakseimbangan nutrisi kurang dari kebutuhan tubuh. Setelah dilakukan asuhan keperawatan selama 4 kali kunjungan pada klien 1 dan klien 2 ketidakseimbangan nutrisi kurang dari kebutuhan tubuh masalah teratasi.

Anemia dalam kehamilan dapat dicegah dengan, ibu makan teratur 3x sehari dengan menu yang kaya akan nutrisi dan zat besi, agar kebutuhan nutrisi ibu dapat terpenuhi dan kadar Hb bisa normal. Keluarga dapat membantu memenuhi kebutuhan gizi ibu hamil dengan mendukung penuh makanan yang dimakan oleh ibu hamil yang kaya akan zat besi dan nutrisi. Ibu rutin memeriksakan kehamilan sesuai jadwal, agar status kesehatan ibu dan janin terpantau.

Kata kunci : Asuhan Keperawatan, Anemia, Kehamilan

ABSTRACT

NURSING CARE ON PREGNANT WOMEN WITH ANEMIA IN THE WORKING AREA OF MERAKURAK PUBLIC HALTH CENTER IN TUBAN REGENCY

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Anemia is a disease of red blood cell deficiency, characterized by a decrease in the number of red blood cells and the concentration of Hb (Hemoglobin) below normal is less than 11 gr / dL (Green & Wilkonson, 2012). Data from the Tuban District Health Office, Merakurak Health Center found that the number of pregnant women with anemia in 2017 was 281 people, 2018 as many as 103 people, 2019 as many as 79 people. The purpose of this study is to determine the nursing care of pregnant women with anemia in the work area of the Merakurak Public Health Center in Tuban Regency.

The research design used descriptive in the form of case studies with the approach used was nursing care which included assessment, nursing diagnoses, planning, implementation, and evaluation. Data collection methods were by interview, physical examination, and supporting examinations. The research subjects used in this study were 2 pregnant women with anemia in the working area of the Merakurak Public Health Center in Tuban Regency.

The results of nursing diagnoses on client 1 were the same as client 2, namely the imbalance of nutrition was less than the body's needs. After nursing care for 4 visits to client 1 and client 2 nutritional imbalance was less than the body's needs, the problem was resolved.

Anemia in pregnancy can be prevented by mothers eat regularly 3 times a day with a menu that is rich in nutrients and iron, so that the nutritional needs of the mother can be met and Hb levels can be normal. Families can help meet the nutritional needs of pregnant women by fully supporting the food eaten by pregnant women who are rich in iron and nutrients. Mothers routinely check pregnancy according to schedule, so that the health status of the mother and fetus is monitored.

Keywords: Nursing Care, Anemia, Pregnancy