

ABSTRAK

Laporan Kasus Pada Ibu Hamil Risiko Tinggi Dengan Anemia Ringan di Wilayah Puskesmas Bungah Kabupaten Gresik

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Pendahuluan: Kehamilan risiko tinggi dengan anemia merupakan kondisi yang memerlukan perhatian khusus karena dapat meningkatkan risiko komplikasi pada ibu dan janin. **Tujuan:** Mendeskripsikan asuhan kebidanan pada ibu hamil risiko tinggi dengan anemia ringan di Puskesmas Bungah Kabupaten Gresik. **Metode:** Laporan Tugas Akhir ini menggunakan metode *Case Report* dengan pendekatan manajemen kebidanan Varney dan pendokumentasian SOAP. Pengambilan kasus dilakukan di wilayah kerja Puskesmas Bungah Kabupaten Gresik pada bulan Mei–Juni 2026. Subjek kasus adalah Ny. R usia 39 tahun, G4P3A0 usia kehamilan 27–28 minggu dengan diagnosis kehamilan risiko tinggi disertai anemia ringan. **Hasil dan Pembahasan:** Hasil asuhan menunjukkan adanya perbaikan kondisi ibu yang ditandai dengan berkurangnya keluhan pusing dan mudah lelah, kadar hemoglobin meningkat dari 10,5 g/dL menjadi 10,9 g/dL. Penatalaksanaan meliputi edukasi mengenai kondisi kehamilan risiko tinggi dan anemia, konseling nutrisi tinggi zat besi, pemberian tablet Fe dan *Multiple Micronutrient Supplement* (MMS), edukasi tanda bahaya kehamilan, pemantauan kadar hemoglobin, serta kolaborasi dan rujukan sesuai indikasi. Asuhan kebidanan komprehensif dan berkesinambungan berperan dalam meningkatkan kondisi ibu serta mendukung pencegahan komplikasi pada kehamilan risiko tinggi dengan anemia ringan. **Simpulan :** Asuhan kebidanan yang diberikan sesuai dengan kebutuhan ibu dan menunjukkan hasil yang baik. Deteksi dini faktor risiko, pemantauan berkala, edukasi kesehatan yang berkelanjutan, serta keterlibatan keluarga menjadi pelajaran penting dalam meningkatkan kepatuhan ibu dan mencegah terjadinya komplikasi selama kehamilan. Disarankan ibu hamil rutin melakukan ANC dan mengonsumsi tablet Fe sesuai anjuran untuk mencegah komplikasi kehamilan.

Kata Kunci: Kehamilan; Multigravida, Risiko, Anemia, Hemoglobin

ABSTRACT

A Case Report of Midwifery Care for a High-Risk Pregnant Woman with Anemia at Bungah Primary Health Center, Gresik Regency

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Introduction: High-risk pregnancy accompanied by anemia requires special attention due to its potential to increase maternal and fetal complications. **Objective:** To describe the midwifery care provided to a high-risk pregnant woman with mild anemia at Bungah Primary Health Center, Gresik Regency. **Methods:** This Final Project Report employed a Case Report method using Varney's midwifery management approach and SOAP documentation. The case was conducted in the working area of Bungah Primary Health Center from May to June 2026. The subject was Mrs. R, a 39-year-old G4P3A0 woman at 27–28 weeks of gestation diagnosed with a high-risk pregnancy complicated by mild anemia. **Results and Discussion:** The care outcomes demonstrated an improvement in the mother's condition, as evidenced by reduced complaints of dizziness and fatigue and an increase in hemoglobin level from 10.5 g/dL to 10.9 g/dL. The management included education regarding high-risk pregnancy and anemia, counseling on iron-rich nutrition, administration of iron supplements and Multiple Micronutrient Supplement (MMS), counseling on pregnancy danger signs, hemoglobin monitoring, and collaboration and referral when indicated. Comprehensive and continuous midwifery care played an important role in improving maternal health status and preventing complications associated with high-risk pregnancy and mild anemia. **Conclusion:** The midwifery care provided was appropriate to the mother's needs and resulted in favorable outcomes. Early identification of risk factors, regular monitoring, continuous health education, and family involvement are essential in improving maternal adherence and preventing pregnancy-related complications. Pregnant women are advised to attend regular antenatal care visits and take iron supplements as recommended to prevent pregnancy complications.

Keywords: *Pregnancy; Multigravida; Risk; Anemia; Hemoglobin*