

ABSTRAK

Laporan Kasus Pada Multigravida Dengan Anemia Disertai Infeksi *Trichomonas Vaginalis*

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Pendahuluan: Anemia pada kehamilan dan infeksi *trichomonas vaginalis* merupakan dua kondisi yang dapat terjadi bersamaan dan berpotensi meningkatkan risiko komplikasi pada ibu hamil, terutama pada multigravida yang cadangan zat besinya cenderung menurun akibat kehamilan sebelumnya. Kondisi tersebut dapat meningkatkan risiko ketuban pecah dini, persalinan prematur, dan bayi berat lahir rendah. **Tujuan:** Mendeskripsikan asuhan kebidanan pada multigravida dengan anemia disertai infeksi *trichomonas vaginalis*. **Metode:** Laporan ini menggunakan rencana deskriptif dengan pendekatan studi kasus (*Case Report*). **Hasil dan Pembahasan:** Ny. S mengeluhkan pusing, lemas, mudah lelah, serta keputihan berwarna kekuningan yang terkadang berbau dan terasa lembab. Pada saat pengkajian, ibu berada pada usia kehamilan 31 minggu. Pemeriksaan fisik menunjukkan wajah dan konjungtiva pucat, tekanan darah 110/70 mmHg, serta hasil laboratorium menunjukkan hemoglobin 9,7 g/dL dengan hasil urinalisis positif *trichomonas vaginalis*. Analisa kebidanan ditegakkan pada G3P2A0 usia kehamilan 31 minggu dengan anemia disertai infeksi *trichomonas vaginalis*. Penatalaksanaan meliputi pemberian tablet Fe 2×1 per hari, edukasi nutrisi tinggi zat besi dan vitamin C, edukasi *vulva hygiene*, serta kolaborasi dengan dokter. Hasil pemantauan menunjukkan kadar hemoglobin meningkat bertahap dari 8,4 g/dL menjadi 11,8 g/dL. Keluhan keputihan juga menunjukkan perbaikan, ditandai dengan berkurangnya rasa gatal, meskipun keputihan masih kadang keluar berwarna kekuningan dan terkadang berbau. **Simpulan dan Saran:** Penatalaksanaan anemia melalui suplementasi zat besi dan edukasi nutrisi terbukti efektif dalam meningkatkan kadar hemoglobin. Penatalaksanaan keluhan keputihan dilakukan melalui edukasi *vulva hygiene* dan pemantauan sesuai hasil kolaborasi dengan dokter, keluhan yang dialami ibu belum terlalu mengganggu aktivitas sehari-hari. Pemantauan lanjutan diperlukan untuk mendukung perbaikan kondisi ibu dan mencegah komplikasi pada kehamilan.

Kata Kunci: Anemia, Infeksi *Trichomonas Vaginalis*, Multigravida.

ABSTRACT

Case Report on Multigravida with Anemia and Trichomonas Vaginalis Infection

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Introduction: Anemia during pregnancy and *Trichomonas vaginalis* infection are two conditions that may occur simultaneously and potentially increase the risk of complications in pregnant women, especially in multigravida women whose iron reserves tend to decrease due to previous pregnancies. These conditions may increase the risk of premature rupture of membranes, preterm labor, and low birth weight. **Objective:** To describe midwifery care for multigravida with anemia accompanied by *Trichomonas vaginalis* infection. **Method:** This report uses a descriptive design with a case study approach (Case Report). **Results and Discussion:** Mrs. S complained of dizziness, weakness, fatigue, and yellowish vaginal discharge that was sometimes odorous and felt moist. At the time of assessment, the mother was at 31 weeks of gestation. Physical examination showed a pale facial appearance and pale conjunctiva, blood pressure of 110/70 mmHg, and laboratory results showed a hemoglobin level of 9.7 g/dL with a positive urinalysis result for *Trichomonas vaginalis*. The midwifery analysis was established as G3P2A0 at 31 weeks of gestation with anemia accompanied by *Trichomonas vaginalis* infection. Management included administration of iron (Fe) tablets twice daily, education on iron-rich nutrition and vitamin C intake, vulvar hygiene education, and collaboration with a physician. Monitoring results showed a gradual increase in hemoglobin levels from 8.4 g/dL to 11.8 g/dL. Vaginal discharge complaints also showed improvement, marked by reduced itching, although yellowish vaginal discharge was still occasionally present and sometimes accompanied by an odor. **Conclusion and Suggestion:** Management of anemia through iron supplementation and nutritional education was proven effective in improving hemoglobin levels. Management of vaginal discharge complaints was carried out through vulvar hygiene education and monitoring based on the results of collaboration with a physician, as the mother's complaints had not significantly interfered with her daily activities. Further monitoring is required to support improvement in the mother's condition and prevent complications during pregnancy.

Keywords: Anemia, Multigravida, *Trichomonas Vaginalis* Infection.