

ABSTRAK

LAPORAN KASUS PADA IBU HAMIL GRANDMULTIGRAVIDA DENGAN ANEMIA

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Pendahuluan: Kehamilan grandemultigravida merupakan kehamilan pada wanita yang telah melahirkan empat kali atau lebih dan termasuk kedalam kategori kehamilan risiko tinggi ini dapat meningkatkan kemungkinan terjadinya anemia yang berdampak pada kesehatan ibu dan janin, seperti persalinan prematur, berat badan lahir rendah, perdarahan, serta komplikasi lainnya. Dalam kasus ini Ny. N usia 37 tahun disertai anemia yang memerlukan pemantauan dan penatalaksanaan yang tepat melalui asuhan kebidanan yang berkelanjutan. **Tujuan:** Mendeskripsikan ibu hamil grandemultigravida dengan anemia di Puskesmas Mentaras Gresik **Metode:** Pengkajian ini mempergunakan metode deskriptif dengan pendekatan studi kasus. Subjek pengkajian ini ialah ibu hamil grandemultigravida dengan anemia. Pengumpulan data diterapkan lewat wawancara, observasi, pemeriksaan fisik, pemeriksaan penunjang, serta studi dokumentasi. Asuhan kebidanan diberikan sebagaimana standar pelayanan kebidanan yang meliputi pengkajian analisis, penatalaksanaan, dan evaluasi, serta didokumentasikan menggunakan metode SOAP. **Hasil:** Ny. N mengeluh pusing dan pandangan berkunang - kunang, dengan faktor risiko berupa usia 37 tahun, grandemultigravida, dan jarak kehamilan 14 bulan. Pemeriksaan data objektif menunjukkan konjungtiva tampak pucat dan kadar hemoglobin didapatkan 9,5 g/dL. Penatalaksanaan yang diberikan meliputi edukasi tentang anemia, konsumsi tablet Fe, pemenuhan nutrisi kaya zat besi dan vitamin C, pemeriksaan hemoglobin berkala, dan istirahat yang cukup. **Kesimpulan :** Pemberian asuhan kebidanan secara komprehensif dan pemantauan secara berkala pada Ny. N menunjukkan hasil yang baik, dengan meningkatnya kadar hemoglobin menjadi 11.0 g/dL, rutin mengonsumsi tablet Fe, dan mengurangi konsumsi makanan dan minuman penghambat penyerapan zat besi, serta penurunan keluhan seperti pusing, dan mata berkunang – kunang.

Kata Kunci : Grandemultigravida, Anemia

ABSTRACT

CASE REPORT OF A GRANDMULTIGRAVIDA PREGNANT WOMAN WITH ANEMIA

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Introduction: A grandmultigravida pregnancy is a pregnancy in a woman who has given birth four or more times; it falls into the high-risk pregnancy category and can increase the likelihood of anemia, which can affect the health of both the mother and the fetus, leading to complications such as preterm labor, low birth weight, hemorrhage, and other complications. In this case, Ms. N, aged 37, presented with anemia requiring appropriate monitoring and management through continuous midwifery care. **Objective:** To describe a grandmultigravida pregnant woman with anemia at the Mentaras Community Health Center in Gresik. **Methods:** This investigation utilized a descriptive method with a case study approach. The subject of this study was a grandmultigravida pregnant woman with anemia. Data collection was conducted through interviews, observations, physical examinations, supportive tests, and a review of medical records. Midwifery care was provided in accordance with midwifery service standards, which include assessment, analysis, management, and evaluation, and was documented using the SOAP method. **Results:** Mrs. N complained of dizziness and blurred vision, with risk factors including her age of 37 years, grandmultigravida status, and an interval of 14 months between pregnancies. Objective findings revealed pale conjunctiva and a hemoglobin level of 9.5 g/dL. Management included education on anemia, iron supplement intake, a diet rich in iron and vitamin C, periodic hemoglobin monitoring, and adequate rest. **Conclusion:** Comprehensive midwifery care and periodic monitoring of Mrs. N yielded positive results, with her hemoglobin level rising to 11.0 g/dL, consistent intake of iron tablets, reduced consumption of foods and beverages that inhibit iron absorption, and a reduction in symptoms such as dizziness and blurred vision.

Keywords: Grandmultigravida, Anemia