

ABSTRAK

Laporan Kasus Kehamilan Letak Lintang dengan Riwayat KEK dan Anemia Berat

Banyu Bening Pangastuty
Program Studi Kebidanan Sutomo Program Diploma III
Jurusan Kebidanan, Poltekkes Kemenkes Surabaya

Pendahuluan: Letak lintang merupakan kelainan posisi janin yang terjadi pada 0,2–0,5% kehamilan dan berisiko menimbulkan komplikasi serius. Kondisi ini semakin berat apabila disertai Kekurangan Energi Kronis (KEK) dan anemia berat yang memperburuk kesehatan ibu dan janin. **Tujuan:** Laporan ini bertujuan mendeskripsikan asuhan kebidanan komprehensif pada ibu hamil dengan letak lintang, riwayat KEK, dan anemia berat di Puskesmas Panceng Gresik. **Metode:** Metode yang digunakan adalah *case report* deskriptif kualitatif dengan dokumentasi SOAP. Subjek adalah Ny. W, G1P0A0, usia kehamilan 37 minggu, dengan riwayat KEK sejak usia kehamilan 16 minggu dan anemia berat yang telah ditangani dengan transfusi darah serta suplementasi zat besi. **Hasil Penelitian dan Pembahasan:** Hasil pengkajian menunjukkan kondisi umum ibu baik, pemeriksaan leopold mengonfirmasi letak lintang, hemoglobin meningkat dari kurang dari 7 g/dL menjadi 11,7 g/dL, dan skor KSPR 22 yang termasuk Kehamilan Risiko Sangat Tinggi. Penatalaksanaan meliputi edukasi letak lintang, anjuran posisi *knee-chest*, pembatasan aktivitas, pemenuhan istirahat, dan persiapan persalinan di fasilitas rujukan. **Simpulan:** Asuhan kebidanan yang komprehensif dan kolaboratif terbukti efektif meningkatkan status kesehatan ibu. Deteksi dini dan edukasi antenatal yang berkesinambungan sangat penting dalam penanganan kehamilan risiko tinggi.

Kata Kunci: Letak Lintang, Kekurangan Energi Kronis, Anemia Berat
Daftar Bacaan: 1 buku, 12 jurnal ilmiah (2021–2024)

ABSTRACT

Case Report of Transverse Lie Pregnancy with History of Chronic Energy Deficiency and Severe Anemia

Banyu Bening Pangastuty
Midwifery Study Program Sutomo Diploma Three
Department of Midwifery, Poltekkes Kemenkes Surabaya

Introduction: Transverse lie is a fetal malpresentation occurring in 0.2–0.5% of pregnancies and carries a high risk of serious obstetric complications. This condition becomes more complex when accompanied by Chronic Energy Deficiency (CED) and severe anemia, which further deteriorate the health of both mother and fetus. **Objective:** This report aims to describe comprehensive midwifery care for a pregnant woman with transverse lie, a history of CED, and severe anemia at Puskesmas Panceng Gresik. **Methods:** A qualitative descriptive case report method was used with SOAP documentation. The subject was Mrs. W, G1P0A0, at 37 weeks of gestation, with a history of CED detected since 16 weeks of gestation and severe anemia that had been managed with blood transfusion and iron supplementation. **Results and Discussion:** Assessment findings revealed the mother's general condition was good, Leopold examination confirmed transverse lie, hemoglobin levels improved from below 7 g/dL to 11.7 g/dL, and a KSPR score of 22 classified the pregnancy as Very High Risk. Management included education on transverse lie, knee-chest positioning, physical activity restriction, adequate rest, and preparation for delivery at a referral facility. **Conclusion:** Comprehensive and collaborative midwifery care proved effective in improving the mother's health status. Early detection and continuous antenatal education are essential in managing high-risk pregnancies.

Keywords: Transverse Lie, Chronic Energy Deficiency, Severe Anemia
References: 1 Book, 12 Scientific Journals (2021–2024)