

ABSTRAK

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LAPORAN KASUS PADA IBU HAMIL DENGAN HEPATITIS B DAN ANEMIA RINGAN DI PUSKESMAS KEBOMAS WILAYAH KABUPATEN GRESIK

Hepatitis B dan anemia masih menjadi kondisi yang dapat dijumpai pada kehamilan dan berpotensi meningkatkan risiko komplikasi pada ibu maupun janin. Hepatitis B dapat menyebabkan penularan virus secara vertikal kepada bayi, sedangkan anemia dapat memengaruhi kondisi kesehatan ibu selama kehamilan. Laporan kasus ini bertujuan menggambarkan asuhan kebidanan pada ibu hamil dengan Hepatitis B disertai anemia ringan.

Metode yang digunakan adalah studi kasus dengan pendekatan manajemen asuhan kebidanan dan pendokumentasian SOAP. Subjek kasus yaitu Ny. F berusia 31 tahun, G2P1A0 dengan usia kehamilan 33–34 minggu, dengan hasil pemeriksaan HBsAg positif dan kadar hemoglobin 10,9 g/dL.

Hasil pengkajian menunjukkan ibu mengalami cepat lelah dan sesekali nyeri perut bagian bawah saat beraktivitas. Kondisi umum ibu dan janin baik, dengan hasil laboratorium HBsAg positif dan anemia ringan. Asuhan yang diberikan meliputi edukasi mengenai Hepatitis B dan anemia ringan, konsumsi tablet tambah darah secara rutin disertai vitamin C untuk membantu penyerapan zat besi, pemenuhan nutrisi seimbang, pemantauan kondisi ibu dan janin, persiapan persalinan di fasilitas kesehatan, serta pencegahan transmisi vertikal melalui pemberian Hepatitis B Immunoglobulin (HBIG) dan vaksin Hepatitis B dosis lahir (HB0) pada bayi. Evaluasi menunjukkan ibu memahami informasi, mengikuti anjuran, dan rutin melakukan pemeriksaan kehamilan. Selama pemantauan, kondisi ibu dan janin tetap baik. Asuhan kebidanan komprehensif melalui edukasi, pemantauan kehamilan, pemenuhan nutrisi, konsumsi tablet tambah darah, serta persiapan pencegahan transmisi vertikal Hepatitis B dapat membantu mempertahankan kondisi ibu dan janin serta mengurangi risiko komplikasi selama kehamilan.

Kata Kunci: Hepatitis B, Anemia Ringan, Kehamilan, Asuhan Kebidanan

ABSTRACT

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CASE REPORT OF A PREGNANT WOMAN WITH HEPATITIS B AND MILD ANEMIA AT KEBOMAS PUBLIC HEALTH CENTER GRESIK REGENCY

Hepatitis B and anemia are common health problems during pregnancy that may increase the risk of complications for both mother and fetus. Hepatitis B may lead to vertical transmission from mother to infant, while anemia can adversely affect maternal health during pregnancy. This case report aimed to describe midwifery care provided to a pregnant woman with Hepatitis B and mild anemia.

This case report used a case study method with a midwifery management approach and SOAP documentation. The subject was Mrs. F, a 31-year-old pregnant woman, G2P1A0, at 33–34 weeks of gestation with positive HBsAg results and a hemoglobin level of 10.9 g/dL.

The assessment revealed that the mother complained of fatigue and occasional lower abdominal pain during physical activity. Examination showed that both maternal and fetal conditions were generally good, while laboratory findings indicated positive HBsAg and mild anemia. The midwifery care provided included education regarding Hepatitis B and mild anemia during pregnancy, regular iron supplementation supported by vitamin C intake to enhance iron absorption, adequate nutritional management, monitoring of maternal and fetal well-being, preparation for delivery at a healthcare facility, and education on the prevention of vertical transmission through the administration of Hepatitis B Immunoglobulin (HBIG) and the birth dose of Hepatitis B vaccine (HB0) for the newborn. Evaluation results showed that the mother understood the information provided, complied with recommendations, attended regular antenatal visits, and maintained good maternal and fetal conditions throughout the monitoring period. Comprehensive midwifery care through health education, routine pregnancy monitoring, adequate nutritional support, proper iron supplementation, and preparation for the prevention of vertical transmission of Hepatitis B can help maintain favorable maternal and fetal conditions and reduce the risk of complications associated with Hepatitis B and mild anemia during pregnancy.

Keywords: Hepatitis B, Mild Anemia, Pregnancy, Midwifery Care