

ABSTRAK

LAPORAN KASUS IBU NIFAS HARI KE-7 DENGAN ANEMIA RINGAN DAN *POSTPARTUM BLUES* DI PUSKESMAS ALUN ALUN KABUPATEN GRESIK

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Pendahuluan: Anemia postpartum merupakan kondisi yang sering terjadi sebagai kelanjutan anemia selama kehamilan akibat defisiensi zat besi yang tidak tertangani secara optimal. Kondisi ini dapat mempengaruhi kesehatan fisik dan psikologis ibu serta meningkatkan risiko terjadinya *postpartum blues*. Laporan kasus ini bertujuan untuk mendeskripsikan asuhan kebidanan pada ibu nifas hari ke-7 dengan anemia ringan dan *postpartum blues* di Puskesmas Alun-Alun Kabupaten Gresik. **Metode:** Laporan tugas akhir ini menggunakan metode *case report* dengan pendekatan *single case* dan pendokumentasian SOAP pada Ny. N usia 31 tahun, ibu nifas hari ke-7 dengan anemia ringan dan *postpartum blues*. **Hasil Penelitian dan Pembahasan:** Ny. N mengeluhkan lemas, pusing, mata berkunang-kunang, mudah lelah, sedih, dan cemas. Hasil pemeriksaan menunjukkan kadar hemoglobin 10,2 g/dL, konjungtiva anemis, frekuensi nadi 103 kali per menit, serta skor *Edinburgh Postnatal Depression Scale* (EPDS) 12 yang mengindikasikan *postpartum blues*. Asuhan yang diberikan meliputi pemantauan kondisi ibu, edukasi gizi melalui konsep ATIKA dan Isi Piringku, kolaborasi pemberian tablet Fe dan Solvita Z, serta dukungan psikologis dan pelibatan keluarga. Evaluasi menunjukkan adanya perbaikan kondisi fisik dan psikologis pada kunjungan berikutnya. **Simpulan:** Asuhan kebidanan komprehensif yang mencakup pemantauan kondisi ibu, edukasi gizi, terapi kolaboratif, dan dukungan psikologis efektif membantu memperbaiki kondisi ibu nifas dengan anemia ringan dan *postpartum blues*.

Kata Kunci : Ibu Nifas, Anemia ringan, *Postpartum Blues*, Asuhan Kebidanan

ABSTRACT

CASE REPORT OF A 7TH DAY POSTPARTUM MOTHER WITH MILD ANEMIA AND POSTPARTUM BLUES AT ALUN-ALUN PUBLIC HEALTH CENTER, GRESIK REGENCY

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Introduction: Postpartum anemia is a common condition that often persists from anemia during pregnancy due to inadequately managed iron deficiency. This condition may affect both the physical and psychological health of mothers and increase the risk of postpartum blues. This case report aimed to describe midwifery care for a mother on the seventh day postpartum with mild anemia and postpartum blues at Alun-Alun Public Health Center, Gresik Regency. **Methods:** This final project report employed a case report method with a single-case approach and SOAP (Subjective, Objective, Assessment, Planning) documentation. The subject was Mrs. N, a 31-year-old mother on the seventh day postpartum who experienced mild anemia and postpartum blues. **Results and Discussion:** Mrs. N complained of weakness, dizziness, blurred vision, fatigue, sadness, and anxiety. Examination findings revealed a hemoglobin level of 10.2 g/dL, pale conjunctiva, a pulse rate of 103 beats per minute, and an Edinburgh Postnatal Depression Scale (EPDS) score of 12, indicating postpartum blues. The midwifery care provided included monitoring the mother's condition, nutritional education using the ATIKA concept and the "My Plate" guideline (*Isi Piringku*), collaborative administration of iron tablets and Solvita Z, as well as psychological support and family involvement. Evaluation showed improvements in both physical and psychological conditions during subsequent visits. **Conclusion:** Comprehensive midwifery care, including maternal condition monitoring, nutritional education, collaborative therapy, and psychological support, was effective in improving the condition of postpartum mothers with mild anemia and postpartum blues.

Keywords : Postpartum Mother, Mild Anemia, Postpartum Blues, Midwifery Care