

ABSTRAK

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LAPORAN KASUS IBU HAMIL KEKURANGAN ENERGI KRONIS DENGAN PENOLAKAN MAKANAN (FOOD AVERSION) DI PUSKESMAS BALONGSARI

xvi + 52 Halaman + 2 Tabel + 4 Lampiran

Kekurangan Energi Kronis (KEK) merupakan kondisi malnutrisi pada ibu hamil yang ditandai dengan ukuran Lingkar Lengan Atas (LILA) kurang dari 23,5 cm, akibat ketidakseimbangan asupan energi dan protein dalam jangka panjang. Salah satu faktor penyebab KEK adalah penolakan makanan (*food aversion*). Berdasarkan SKI 2023, prevalensi KEK pada ibu hamil di Kota Surabaya mencapai 33%, sedangkan di Puskesmas Balongsari kejadian KEK pada tahun 2023 mencapai 17,21%. Studi kasus ini bertujuan menyajikan *case report* asuhan kebidanan yang komprehensif pada kehamilan dengan KEK disertai *food aversion* di Puskesmas Balongsari Surabaya.

Studi kasus ini menggunakan pendekatan deskriptif dengan pendokumentasian SOAP, yang dilaksanakan pada bulan April–Mei 2026 di Puskesmas Balongsari Surabaya melalui dua kali kunjungan.

Asuhan kebidanan yang diberikan mencakup edukasi gizi seimbang, *small frequent meals*, modifikasi makanan alternatif bergizi tinggi (telur, ikan, tempe, tahu), pemberian PMT berbahan pangan lokal melalui kolaborasi dengan dokter dan ahli gizi, serta suplementasi tablet Fe dan kalsium. Setelah dua kali kunjungan rumah, berat badan ibu meningkat dari 36 kg menjadi 38 kg dan nafsu makan membaik, namun LILA masih kurang dari 23,5 cm sehingga ibu tetap berada dalam kategori KEK. Simpulannya, asuhan kebidanan yang dilaksanakan berdasarkan pendokumentasian SOAP mampu meningkatkan berat badan dan IMT ibu, tetapi LILA belum mencapai $\geq 23,5$ cm sehingga pemantauan berkelanjutan pada trimester III tetap diperlukan.

Kata kunci : Asuhan Kebidanan, Kekurangan Energi Kronis, Penolakan Makanan (*Food Aversion*)

ABSTRACT

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CASE REPORT ON PREGNANT WOMEN WITH CHRONIC ENERGY DEFICIENCY AND FOOD AVERSION AT BALONGSARI PRIMARY HEALTH CENTER, SURABAYA

xvi + 52 Pages + 2 Tables + 4 Appendices

Chronic Energy Deficiency (CED) is a malnutritional condition in pregnant women characterized by an upper arm circumference (LILA) of less than 23.5 cm, resulting from a long-term imbalance between energy and protein intake. One contributing factor is food aversion. According to the 2023 Indonesian Health Survey (SKI), the prevalence of CED among pregnant women in Surabaya City reached 33%, while at Balongsari Primary Health Center the CED rate in 2023 reached 17.21%. This case study aims to present a comprehensive midwifery care case report on pregnancy with CED accompanied by food aversion at Balongsari Primary Health Center, Surabaya.

This case study used a descriptive approach with SOAP documentation, conducted from April to May 2026 at Balongsari Primary Health Center, Surabaya, through two home visits.

Midwifery care provided included balanced nutrition education, small frequent meals, high-nutrition alternative food modification (eggs, fish, tempeh, tofu), locally sourced supplementary feeding (PMT) through collaboration with a physician and nutritionist, and supplementation with iron (Fe) and calcium tablets. After two home visits, the mother's body weight increased from 36 to 38 kg and her appetite improved, although LILA remained below 23.5 cm, so she was still classified as having CED. In conclusion, midwifery care based on SOAP documentation was able to increase body weight and BMI, but LILA had not yet reached ≥ 23.5 cm, so continued monitoring during the third trimester is still needed.

Keywords : Midwifery Care, Chronic Energy Deficiency, Food Aversion