

ABSTRAK

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LAPORAN KASUS KEHAMILAN DENGAN SKIZOFRENIA DAN ANEMIA DI PUSKESMAS KEDUNGSARI KABUPATEN MOJOKERTO

Pendahuluan; Latar belakang: Kehamilan dengan *skizofrenia* ialah kondisi berisiko tinggi sebab gangguan persepsi, perilaku, serta kepatuhan terapi bisa memperburuk status gizi ibu sehingga meningkatkan kejadian anemia. Anemia dalam kehamilan didefinisikan sebagai kadar hemoglobin di bawah 11 g/dL serta bisa menyebabkan komplikasi serius bagi ibu serta janin. **Metode;** Laporan tugas akhir ini menggunakan desain *case report* pada satu kasus. Subjek ialah Ny. E, umur 21 tahun, G2P1A0 UK 32 minggu, dengan skizofrenia ringan (skor PANSS 72) serta anemia sedang (Hb 8,8 g/dL), dilaksanakan di Puskesmas Kedungsari Kabupaten Mojokerto pada April–Mei 2026. Pendokumentasian menggunakan metode SOAP. **Hasil dan pembahasan;** Asuhan kebidanan dijalankan tiga kali kunjungan secara komprehensif meliputi pemantauan fisik serta mental, edukasi nutrisi, pemberian suplementasi Fe serta MMS, pengajaran teknik relaksasi, serta kolaborasi dengan psikolog serta pemberian terapi risperidone 2 mg. Setelah intervensi selama kisaran satu bulan, kadar hemoglobin ibu meningkat dari 8,8 g/dL jadi 10,2 g/dL, kondisi fisik membaik, serta gejala skizofrenia tetap dalam kategori ringan. **Simpulan dan saran;** Asuhan kebidanan yang komprehensif, multidisiplin, serta melibatkan keluarga terbukti efektif dalam meningkatkan kadar hemoglobin serta menjaga kestabilan kondisi mental ibu selama kehamilan. Tenaga kesehatan diupayakan meningkatkan deteksi dini kehamilan risiko tinggi dengan pendekatan holistik.

Kata kunci : *Kehamilan; Skizofrenia; Anemia*

ABSTRACT

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CASE REPORT OF PREGNANCY WITH SCHIZOPHRENIA AND ANEMIA AT KESUNGSARI COMMUNITY HEALTH CENTER MOJOKERTO

Background: *Pregnancy with schizophrenia poses a high-risk condition, as perceptual disturbances, behavioral abnormalities, and poor treatment adherence can compromise maternal nutritional status and increase the risk of anemia. Anemia in pregnancy is defined as hemoglobin levels below 11 g/dL and may cause serious complications for both mother and fetus.* **Method:** *This final project used a case report design involving a single case. The subject was Mrs. E, 21 years old, G2P1A0, gestational age 32 weeks, with mild schizophrenia (PANSS score 72) and moderate anemia (Hb 8.8 g/dL), conducted at Puskesmas Kedungsari, Mojokerto Regency, from April to May 2026. Documentation was carried out using the SOAP method.* **Results and discussion:** *Midwifery care was delivered across three comprehensive visits, encompassing physical and mental monitoring, nutritional education, iron and multiple micronutrient supplementation (MMS), relaxation technique training, and collaboration with a psychologist including risperidone 2 mg therapy. Following approximately one month of intervention, maternal hemoglobin improved from 8.8 g/dL to 10.2 g/dL, physical condition improved, and schizophrenia symptoms remained in the mild category.* **Conclusion and recommendation:** *Comprehensive, multidisciplinary midwifery care involving family support proved effective in improving hemoglobin levels and maintaining maternal mental stability during pregnancy. Healthcare providers are encouraged to enhance early detection of high-risk pregnancies through a holistic approach. Immunization as one of the preventive measures that has a positive impact on public health must be carried out continuously, thoroughly according to standards so that it is able to break the chain of disease transmission and actively generate or increase a person's immunity to a disease. Data on immunization coverage in East Java has decreased, one of which is measles immunization. In 2019, measles immunization coverage was 71.94%. In 2020, measles immunization coverage was 70.67%. One way to prevent measles is providing adequate breast milk/nutrition, as well as providing measles immunization according to the specified time.*

Keywords: Pregnancy; Schizophrenia; Anemia.