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Penatalaksanaan Pemberian Jus Bayam Merah Untuk Meningkatkan Kadar Hemoglobin Pada Ibu Hamil Anemia Ringan Di PMB Retika Wahyuni, S.Keb.,SKM.,M.Keb, Lampung Selatan
xv+ 93 Halaman, 2 Tabel, 1 Gambar, 9 Lampiran

RINGKASAN

Anemia adalah kondisi di mana jumlah hemoglobin, hematokrit, dan jumlah sel darah merah berada di bawah batas normal, dengan kadar hemoglobin dalam darah kurang dari nilai standar (<12 gr%) (Rukiyah & Lia, 2020). Dari data yang didapatkan Dinas Kesehatan Provinsi Lampung Selatan (2022) menyatakan, tingkat prevalensi ibu hamil yang mengalami anemia di wilayah Lampung Selatan ada di persentase 27%. Beralaskan pengalaman dari penulis dalam menjalani Praktik Klinik Kebidanan di PMB Retika Wahyuni, ditemukan dua ibu hamil yang menderita anemia ringan dan belum mengerti tentang cara mengatasi anemia melalui bahan alami. Sehubungan dengan kasus tersebut, maka penulis menerapkan asuhan kebidanan dengan cara memberikan minuman berupa jus bayam merah dan juga tablet Fe.

Adapun tujuan dilaksanakan asuhan kebidanan ialah dengan mengimplementasi metode non- farmakologi dengan memanfaatkan jus bayam merah dengan tujuan meningkatkan tingkat HB pada ibu hamil di trimester pertama. Pada kesempatan ini, sebuah studi kasus telah ditemukan di Lampung Selatan, di PMB Retika Wahyuni, S.Keb., SKM., M.Kes.

Metode yang di gunakan yaitu dengan 7 langkah Varney kemudian didokumentasikan berupa SOAP. Asuhan dilakukan dalam 1 bulan yang diawali dari hari Minggu, 31 Maret 2024 melalui pemberian 100 gr jus bayam merah serta tablet Fe. Subjek laporan ialah Ny.D G1P0A0 yang mengalami anemia ringan.

Setelah penulis memberikan asuhan kepada Ny. D di dapati hasil bahwa pemberian makanan tinggi Fe serta tablet Fe selama 1 bulan yang di mulai pada tanggal 31 maret 2024 ada peningkatan pada kadar haemoglobin ibu yaitu 0,11% dimana pada awak kunjungan hemogloin ibu 10,3 gr/dl dan sekarang menjadi 11,4 gr/dl. Penulis menyarankan kepada bidan tetap memperhatikan kualitas pelayanan terhadap ibu hamil dan memberikan konseling tentang manfaat bayam merah karena bayam merah dapat menaikkan kadar Hb, konseling tentang manfaat bayam merah bias di lakukan pada saat kunjungan ulang di PMB Retika Wahyuni, S.Keb., SKM.,M.Kes Lampung Selatan.

Kata kunci :Anemia, Jus Bayam Merah, Tablet Fe, Hemoglobin
Daftar bacaan :35 jurnal (2014-2022)

TANJUNG KARANG HEALTH POLYTECHNIC
DEPARTMENT OF MIDWIFERY Final Project Report, May 2024

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Management of Red Spinach Juice to Increase Hemoglobin Levels in Pregnant Women with Mild Anemia at PMB Retika Wahyuni, S.Keb.,SKM.,M.Keb, South Lampung

xv+ 93 Pages, 2 Tables, 1 Figure, 9 Appendices

ABSTACT

Anemia is a condition in which the hemoglobin, hematocrit, and red blood cell counts are below normal limits, with hemoglobin levels in the blood less than the standard value (<12 gr%) (Rukiyah & Lia, 2020). From the data obtained by the South Lampung Provincial Health Office (2022), the prevalence rate of pregnant women who experience anemia in the South Lampung region is at 27%. Based on the author's experience in undergoing Midwifery Clinical Practice at PMB Retika Wahyuni, it was found that two pregnant women suffered from mild anemia and did not understand how to overcome anemia through natural ingredients. In connection with this case, the author applied midwifery care by providing drinks in the form of red spinach juice and Fe tablets.

The purpose of carrying out midwifery care is to implement non-pharmacological methods by utilizing red spinach juice with the aim of increasing HB levels in pregnant women in the first trimester. On this occasion, a case study has been found in South Lampung, at PMB Retika Wahyuni, S.Keb., SKM., M.Kes.

The method used, which is with 7 steps Varney, is then documented in the form of SOAP. The care was carried out in 1 month starting from Sunday, March 31, 2024 through the provision of 100 grams of red spinach juice and Fe tablets. The subject of the report is Mrs. D G1P0A0 who suffers from mild anaemia.

After the author provided care to Mrs. D, it was found that the provision of high-Fe food and Fe tablets for 1 month which began on March 31, 2024 there was an increase in maternal haemoglobin levels, which was 0.11%, where in the maternal hemogloin visit crew it was 10.3 gr/dl and now it is 11.4 gr/dl. The author suggests that midwives continue to pay attention to the quality of service to pregnant women and provide counseling about red spinach manffat because red spinach can increase Hb levels, counseling about the benefits of red spinach can be done during a revisit at PMB Retika Wahyuni, S.Keb., SKM., M.Kes South Lampung.

Keywords :Anemia,RedSpinach Juice, Fe Tablets, Hemoglobin
Bibliography :35 journals (2014-2022)