

**POLITEKNIK KESEHATAN KEMENKES TANJUNGPURBARANG
JURUSAN KEBIDANAN
Laporan Tugas Akhir, Juni 2023**

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**Penatalaksanaan anemia ringan pada ibu hamil dengan umbi-umbian tinggi
Fe di PMB Karmila Astuti, S.ST Lampung Selatan**
Xxiii+75 Halaman, 3 Tabel, 1 Gambar, 8 Lampiran

RINGKASAN

Anemia dalam kehamilan adalah kondisi ibu dengan kadar hemoglobin < 11 gr% pada Trimester satu dan tiga, atau < 10,5 gr% pada trimester dua. Berdasarkan data Dinas Kesehatan Provinsi Lampung tahun 2019 cakupan ibu hamil dengan anemia pada tahun 2018 meningkat dibandingkan pada tahun 2017 yaitu sebanyak 4,9 %. Adapun dampak pada ibu hamil dengan anemia dapat terjadinya gangguan kelangsungan kehamilan, dan gangguan pada janin. Berdasarkan pengalaman penulis saat melakukan Praktik Klinik Kebidanan di PMB Karmila, terdapat 3 ibu hamil yang mengalami anemia dan belum mengetahui bagaimana penanganan anemia dengan menggunakan bahan alami sehingga Pada kasus ini penulis mengambil asuhan kebidanan dengan memberikan makanan tambahan ubi jalar ungu dan pemberian tablet Fe

Tujuan di lakukan asuhan ini adalah dengan menerapkan metode non-farmakologi menggunakan ubi jalar ungu untuk meningkatkan kadar HB ibu hamil trimester III. Dalam kesempatan kali ini telah ditemukan studi kasus di PMB Karmila Astuti, SST Lampung Selatan

Metode yang digunakan yaitu dengan 7 langkah varney dan di dokumentasikan dalam bentuk SOAP. Asuhan dilaksanakan selama 7 hari dimulai dari tanggal 0410 April 2023 dengan cara pemberian ubi jalar ungu sebanyak 100 gram serta tablet Fe. Subjek laporan kasus yaitu Ny. M G₁P₀A₀ yang mengalami anemia ringan

Setelah penulis memberikan asuhan kepada Ny. M di dapati hasil bahwa pemberian makanan tinggi Fe serta tablet Fe selama 7 hari yang di mulai pada tanggal 04 April s.d 10 April 2023 ada peningkatan pada kadar hemoglobin ibu yaitu 0,6gr% dimana pada awal kunjungan hemoglobin ibu 10,4% dan sekarang menjadi 11,0gr%. penulis menyarankan kepada bidan tetap memperhatikan kualitas pelayanan terhadap ibu hamil dan memberikan konseling tentang manfaat ubijalar ungu karena ubi jalar ungu dapat menaikkan kadar hemoglobin, konseling tentang manfaat ubi jalar ungu bisa di lakukan saat kunjungan ulang di PMB Karmila Astuti, Lampung Selatan

Kata Kunci :Anemia, Ubi Jalar Ungu, Tablet Fe, Hemoglobin
Daftar Bacaan : 4 buku, 8 jurnal (2013-2022)

**TANJUNGKARANG HEALTH POLYTECHNIC
STUDY PROGRAM D III MIDWIFE TANJUNGKARANG
Final Project Report, June 2023**

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**Management of mild anemia in pregnant women with high Fe tubers at PMB
Karmila Astuti, S.ST Lampung Selatan 2023**

Xxiii+75 Pages, 3 Tables, 1 Image, 8 Attachments

ABSTRACT

Anemia in pregnancy is a maternal condition with hemoglobin levels < 11 gr% in the first and third trimesters, or < 10.5 gr% in the second trimester. Based on data from the Lampung Provincial Health Office in 2019, the coverage of pregnant women with anemia in 2018 increased compared to 2017, which was 4.9%. The impact on pregnant women with anemia can occur disruption of pregnancy continuity, and disorders of the fetus. Based on the author's experience when conducting the Midwifery Clinical Practice at the Midwife Karmila Independent Practice, there were 3 pregnant women who had anemia and did not know how to handle anemia using natural ingredients so that in this case the author took obstetric care by giving purple sweet potato supplements and giving Fe tablets

The purpose of this care is to apply non-pharmacological methods using purple sweet potatoes to increase HB levels in III trimester pregnant women. On this occasion, a case study has been found at the Independent Practice of Midwife Karmila Astuti, SST South Lampung

The method used is with seven varney steps and is documented in the form of Subjective Objective Assessment Planning (SOAP). The care will be carried out for 7 days starting from April 0410, 2023 by giving 100 grams of purple sweet potatoes and Fe tablets. The subject of the case report was Mrs. M G1P0A0 who had mild anemia

After the author provided care to Mrs. M, it was found that the provision of high-Fe food and Fe tablets for 7 days starting from April 4 to April 10, 2023 there was an increase in maternal hemoglobin levels, namely 0.6gr%, where at the beginning of the mother's hemoglobin visit was 10.4% and now it is 11.0gr%. The author advises midwives to pay attention to the quality of service to pregnant women and provide counseling about the benefits of purple sweet potatoes because purple sweet potatoes can increase hemoglobin levels, counseling about the benefits of purple sweet potatoes can be done during repeat visits at the Independent Practice of Midwives Karmila Astuti, South Lampung

Keyword :Anemia, purple sweet potato, Fe Tablets, Hemoglobin
Reading List :4 Books, 8 Journals (2013-2022)