

**POLITEKNIK KESEHATAN TANJUNGPURUNG  
PROGRAM STUDI DIII KEBIDANAN TANJUNGPURUNG**

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**Penatalaksanaan Anemia Ringan Dengan Tablet Fe Dan Jus Tomat Pada Ibu Hamil Terhadap Ny.E Di PMB Siti Rohmah Perbasya, S.Keb, SKM.,M.Kes**

**RINGKASAN**

Anemia karena kekurangan kadar Hb (hemoglobin) dalam darah dapat menyebabkan komplikasi serius bagi ibu pada masa kehamilan, persalinan, dan nifas. Anemia diindikasikan bila kadar Hb kurang dari 11 mg/dl pada ibu hamil. Berdasarkan data yang di peroleh di Lampung Selatan, terkhusus di PMB Siti Rohmah didapati 15 ibu hamil mengalami anemia ringan.

Tujuan studi kasus ini yaitu untuk menerapkan pemberian tablet fe dan jus tomat pada ibu hamil dengan Anemia ringan terhadap Ny.E di PMB Siti Rohmah.

Metode yang digunakan dalam pengumpulan data adalah pengaplikasian metode 7 langkah varney dan didokumentasikan dalam bentuk SOAP. Teknik yang digunakan adalah wawancara, observasi, pemeriksaan fisik dan rekam medik (buku KIA) yang digunakan dalam pengumpulan data.

Hasilnya setelah dilakukan intervensi sebelum pemberian tablet Fe dan jus tomat rata-rata ibu hamil mengalami anemia tingkat ringan yang sangat tidak baik dalam masa kehamilan, sedangkan setelah pemberian tablet Fe dan jus tomat selama 7 hari yang di konsumsi secara berturut–turut terdapat peningkatan Hb dari yang sebelumnya 10,0 gr/dl dan setelah diberikan tablet Fe dan jus tomat Hb nya meningkat menjadi 11,0 gr/dl. Saran diharapkan menjadi bahan informasi dan penerapan ilmu alternatif dalam asuhan kebidanan terhadap ibu hamil dengan anemia ringan dengan bahan alami.

Kata kunci : Anemia ringan, Tablet fe dan jus tomat

Daftar bacaan : 19 (2010-2022)

**HEALTH POLITECHNIC OF TANJUNGPUR  
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**Management of Mild Anemia with Fe Tablets and Tomato Juice in Pregnant Women Against Mrs. E at PMB Siti Rohmah Perbasya, S.Keb, SKM., M.Kes**

**ABSTRACT**

Anemia due to a lack of Hb (hemoglobin) levels in the blood can cause serious complications for the mother during pregnancy, childbirth and the postpartum period. Anemia is indicated if the Hb level is less than 11 mg/dl in pregnant women. Based on data obtained in South Lampung, especially at PMB Siti Rohmah, it was found that 15 pregnant women experienced mild anemia.

The aim of this case study is to apply the administration of fe tablets and tomato juice to pregnant women with mild anemia to Mrs. E at PMB Siti Rohmah.

The method used in data collection is the application of Varney's 7 step method and is documented in SOAP form. The techniques used were interviews, observation, physical examination and medical records (KIA book) which were used in data collection.

The results after intervention were carried out before giving Fe tablets and tomato juice, on average pregnant women experienced mild levels of anemia which is very bad during pregnancy, whereas after giving Fe tablets and tomato juice for 7 consecutive days there was an increase in Hb from which was previously 10.0 gr/dl and after being given Fe tablets and tomato juice his Hb increased to 11.0 gr/dl. It is hoped that the suggestions will provide information and application of alternative science in midwifery care for pregnant women with mild anemia using natural ingredients.

Key words: Mild anemia, Fe tablets and tomato juice

Reading list: 19 (2010-2022)