

POLITEKNIK KESEHATAN TANJUNGKARANG
PROGRAM STUDI DIII KEBIDANAN TANJUNGKARANG
Laporan Tugas Akhir , Mei 2025
Angely Nabillah
2215401132

Pemberia Ubi jalar Ungu dan Tablet Fe Pada Ibu Hamil
Trimester III Yang Mengalami Anemia Ringan Di TPMB Siti
Hartini, S.Tr.,Keb,Bdn Lampung Selatan

Xiv + 48 halaman + 1 tabel + 3 gambar

ABSTRAK

Anemia merupakan suatu keadaan ketika jumlah sel darah merah atau konsentrasi pengangkut oksigen dalam darah atau hemoglobin tidak mencukupi untuk kebutuhan fisiologi tubuh. Anemia yang sering dijumpai dalam kehamilan adalah anemia akibat kurangnya asupan unsur besi dalam makanan, gangguan penerapan, peningkatan kebutuhan zat besi. Di TPMB Siti Hartini, pada tahun 2025 tercatat kurang lebih 7 orang yang mengalami anemia ringan.

Tujuan studi kasus ini ialah pemberian asuhan kebidanan pada Ny. T dengan pemberian ubi jalar ungu dan Tablet Fe pada ibu hamil trimester III yang mengalami anemia ringan di TPMB Siti Hartini, S.Tr., Keb, Bdn.

Metode yang digunakan adalah studi kasus pada Ny. T di TPMB Siti Hartini, S.Tr., Keb, Bdn, Lampung Selatan, dengan pendekatan SOAP (Subjektif, Objektif, Analisa, Penatalaksanaan). Intervensi dilakukan dengan memberikan sebanyak 100 gr/hari selama 7 hari berturut-turut.

Hasil menunjukkan adanya perbaikan signifikan berupa peningkatan kadar hemoglobin pada ibu hamil. Studi kasus menyimpulkan bahwa pemberian ubi jalar ungu efektif sebagai terapi nonfarmakologi yang aman, murah dan mudah diplikasikan untuk mengatasi anemia ringan pada ibu hamil trimester III. Oleh karena itu, disarankan kepada tenaga kesehatan khususnya bidan untuk menggunakan ubi jalar ungu sebagai salah satu metode nonfarmakologi dalam membantu meningkatkan kadar hemoglobin ibu hamil Trimester III.

Kata Kunci : Ibu hamil trimester III, ubi jalar ungu, anemia ringan, hemoglobin.

Daftar Bacaan : 15 (2019-2024)

**TANJUNGKARANG HEALTH POLYTECHNIC
TANJUNGKARANG DIII MIDWIFERY STUDI PROGRAM
Final Project Report, May 2025**

**Angely Nabillah
2215401132**

**Provision of Purple Sweet Potatoes and Fe Tablets to Pregnant
Women in the Third Trimester III Who Experience Mild Anemia
at TPMB Siti Hartini,S.Tr.,Keb,Bdn South Lampung**

Xiv + 48 pages + 1 Table + 3 Pictures

ABSTRACT

Anemia is a condition characterized by a decreased number of red blood cells or a reduction in the oxygen-carrying capacity of the blood due to insufficient hemoglobin levels, which fails to meet the physiological needs of the body. The most common form of anemia during pregnancy is iron deficiency anemia, often caused by inadequate dietary intake of iron, impaired iron absorption, or increased physiological demand. At TPMB Siti Hartini in 2025, approximately seven cases of mild anemia were recorded.

This case study aims to provide midwifery care to Mrs. T by administering purple sweet potatoes and iron (Fe) tablets to a third-trimester pregnant woman diagnosed with mild anemia at TPMB Siti Hartini, S.Tr., Keb., Bdn. The method employed was a case study approach involving Mrs. T at TPMB Siti Hartini, S.Tr., Keb., Bdn., South Lampung, utilizing the SOAP framework (Subjective, Objective, Assessment, Plan). The intervention included the administration of 100 grams of purple sweet potato daily for seven consecutive days.

The results showed a significant improvement, marked by an increase in hemoglobin levels in the pregnant woman. The study concludes that purple sweet potato is an effective, safe, affordable, and easy-to-apply non-pharmacological therapy to manage mild anemia in third-trimester pregnant women. Therefore, it is recommended that healthcare professionals, especially midwives, consider using purple sweet potato as a non-pharmacological method to support hemoglobin improvement during pregnancy.

Keywords: Third-trimester pregnant women, purple sweet potato, mild anemia, hemoglobin

References: 15 (2019–2024)