

POLITEKNIK KESEHATAN TANJUNGPUR
PROGRAM STUDI DIII KEBIDANAN TANJUNGPUR
Laporan Tugas Akhir, Mei 2025

VINNA VEBRIYANTI
2215401037

Penerapan Pemberian Rebusan Daun Ubi Jalar ungu Untuk Meningkatkan Kadar Hemoglobin Pada Ibu Hamil Trimester Pertama Terhadap Ny. L Di PMB Redinse Sitorus S.ST.,Bdn Lampung Selatan 2025
xvi + 107 halaman + 5 tabel + 1 gambar + 6 lampiran

RINGKASAN

Kadar Hb (hemoglobin) dalam darah dapat menyebabkan komplikasi serius bagi ibu pada masa kehamilan, persalinan, dan nifas. Kekurangan Hb diindikasikan bila kadar Hb kurang dari 11 g/dl pada ibu hamil. Berdasarkan data yang diperoleh di Lampung Selatan, terkhususnya di PMB Redinse Sitorus, terdapat 14 ibu hamil yang mengalami kekurangan hemoglobin, 12 ibu hamil mengalami anemia ringan dan 2 ibu hamil mengalami anemia sedang.

Tujuan di lakukan asuhan ini adalah dengan menerapkan metode non-Farmakologi menggunakan daun ubi jalar ungu untuk meningkatkan kadar hemoglobin pada ibu hamil trimester pertama.

Metode yang digunakan yaitu dengan 7 langkah varney dan di dokumentasikan dalam bentuk SOAP. Asuhan dilaksanakan selama 7 hari di mulai pada tanggal 11 Maret 2025 dengan cara pemberian daun ubi jalar ungu sebanyak 250 gram di pagi hari dan 250 gram di malam hari. Subjek laporan kasus yaitu Ny. L usia 26 tahun G₃ P₁ A₁ yang mengalami anemia ringan

Hasil dari pemberian rebusan daun ubi jalar ungu, menunjukkan bahwa pemberian makan tinggi Fe serta tablet Fe selama 7 hari yang mulai pada tanggal 11 Maret 2025 s.d 17 Maret 2025 ada peningkatan pada kadar hemoglobin ibu yaitu 0,5 gr% dimana pada awal kunjungan hemoglobin ibu 10,6 gr% dan sekarang 11,1 gr%. Penulis menyarankan kepada bidan tetap memperhatikan kualitas pelayanan terhadap ibu hamil dan memberikan konseling tentang manfaat daun ubi jalar ungu dapat meningkatkan kadar hemoglobin, konseling tentang manfaat daun ubi jalar ungu bisa dilakukan saat kunjungan ulang di PMB Redinse Sitorus, S.ST.,Bdn , Lampung Selatan.

Kata Kunci : Hemoglobin, Daun Ubi Jalar Ungu, Kehamilan
Daftar Bacaan : 19 (2018-2024)

POLITEKNIK HEALTH POLYTECHNIC
STUDY PROGRAM DIII MIDWIFW TANJUNGKARANG
Final Project Report, Mei 2025

VINNA VEBRIYANTI
2215401037

The Use of Boiled Purple Sweet Potato Leaf Decoction to Improve Hemoglobin Levels in First Trimester Pregnant Women: A Case Study of Mrs. L at PMB Redinse Sitorus, S.ST.,Bdn, South Lampung, 2025

xvi+ 107 halaman + 5 tabel + 1 image + 6 attachments

ABSTRACT

Hemoglobin (Hb) levels in the blood can cause serious complications for mothers during pregnancy, childbirth, and the postpartum period. Hemoglobin deficiency is indicated when the Hb level is less than 11 g/dl in pregnant women. Based on data obtained in South Lampung, specifically at PMB Redinse Sitorus, 14 pregnant women were found to have hemoglobin deficiency, with 12 experiencing mild anemia and 2 experiencing moderate anemia.

The aim of this care intervention is to apply a non-pharmacological method using purple sweet potato leaves to increase hemoglobin levels in pregnant women during the first trimester.

The method used follows the 7 steps of Varney and is documented in the SOAP format. The care was carried out over a period of 7 days starting from March 11, 2025, by providing 250 grams of purple sweet potato leaves in the morning and 250 grams in the evening. The subject of this case report is Mrs. L, 26 years old, $G_3 P_1 A_1$, who was diagnosed with mild anemia.

The results of administering boiled purple sweet potato leaves, along with iron-rich foods and iron tablets over 7 days (from March 11 to March 17, 2025), showed an increase in the mother's hemoglobin level by 0.5 g%, from an initial level of 10.6 g% to 11.1 g%. The author recommends that midwives continue to maintain the quality of care for pregnant women and provide counseling about the benefits of purple sweet potato leaves in increasing hemoglobin levels. This counseling can be delivered during follow-up visits at PMB Redinse Sitorus, S.ST., Bdn, South Lampung.

Keywords : Hemoglobin, Purple Sweet Potato Leaves, Pregnancy
References : 19 (2018–2024)