

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

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Penerapan Pemberian Jus Jambu Biji Merah Pada Ibu Hamil Trimester III dengan Anemia Ringan Di TPMB Sri Windarti, S.Tr.Keb., Bdn., M.K.M, Lampung Selatan

Xii+59 halaman, 1 tabel, 3 gambar, 6 lampiran

RINGKASAN

Anemia pada ibu hamil menjadi salah satu masalah di provinsi Lampung, salah satu penyebab terjadinya anemia pada ibu hamil adalah kurangnya zat besi dalam makanan ibu hamil. Prevalensi anemia pada ibu hamil sebesar 10,07% atau sekitar 1.975 orang (Profil Dinas Kesehatan Provinsi Bandar Lampung, 2023). Hasil survey di TPMB Sri Windarti, pada bulan Februari sampai April 2025 terdapat 5 (Lima) kasus Anemia ibu hamil, salah satunya yaitu Ny.M G₃ P₂ A₀ hamil 34 minggu 2 hari dengan kadar Hb 10,3gr/dL.

Tujuan penulisan laporan ini adalah memberikan asuhan kebidanan pada Ny.M yang mengalami anemia ringan dengan kadar Hb 10,3 gr/dL dengan pemberian jus jambu biji merah serta tablet Fe.

Metode pengumpulan data yang digunakan adalah tujuh Langkah varney dan kemudian didokumentasikan dalam bentuk SOAP. Pengumpulan data dilakukan dengan mengumpulkan data primer dan data sekunder Ny.M. pengamatan dilakukan selama 7 hari dengan cara pengecakan Hb dilakukan di hari pertama kunjungan dan di evaluasi di hari ke 8.

Setelah melakukan interpretasi data dan merencanakan asuhan kebidanan pada ibu hamil dengan masalah anemia ringan dengan pemberian jus jambu biji merah dan Tablet Fe selama 7 hari sebanyak 250ml, hasilnya terdapat peningkatan Hb ibu sebesar 0,6gr/dL. Pada awal kunjungan Hb ibu 10,3gr/dL kemudian meningkat hingga 10,9gr/dL, sehingga anemia ringan yang dialami Ny.M dapat ditangani. Berdasarkan studi kasus yang telah dilakukan, dapat ditarik Kesimpulan bahwa pemberian jus jambu biji merah disertai dengan Tablet Fe selama 7 hari sebanyak 250ml dapat menaikkan kadar Hb ibu. Setelah dilakukan asuhan diharapkan tenaga Kesehatan kedepannya dapat menerapkan metode ini dalam penanganan anemia ringan pada ibu hamil sehingga dapat mengatasi anemia pada ibu hamil.

Kata kunci : Anemia, Jus Jambu Biji Merah, Ibu Hamil
Daftar Bacaan : 16 (2020-2025)

TANJUNG KARANG HEALTH POLYTECHNIC
STUDY PROGRAM DIII MIDWIFERY TANJUNG KARANG
Final Project Report, May 2025

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Giving Red Guava Juice to Pregnant Women with Mild Anemia in TPMB Sri Windarti, S.Tr.Keb., Bdn., M.K.M, South Lampung

Xii+59 pages, 1 table, 3 figures, 6 attachments

ABSTRACT

Anemia in pregnant women is one of the prevailing health issues in Lampung Province. One of the main causes of anemia during pregnancy is the lack of iron intake in the maternal diet. According to the Health Profile of Bandar Lampung Province (2023), the prevalence of anemia among pregnant women is 10.07%, equivalent to approximately 1,975 individuals. Based on a survey conducted at TPMB Sri Windarti between February and April 2025, five cases of anemia in pregnant women were recorded. One of the cases was Mrs. M, G₃ P₂ A₀, who was 34 weeks and 2 days pregnant with a hemoglobin (Hb) level of 10.3 g/dL.

The purpose of this report is to provide midwifery care to Mrs. M, who was diagnosed with mild anemia (Hb 10.3 g/dL), through the administration of red guava juice combined with iron (Fe) tablets.

The data collection method used was Varney's Seven Steps and was documented in the SOAP format. Both primary and secondary data regarding Mrs. M were collected. The observation period lasted for 7 days, with Hb levels checked on the first day of the visit and re-evaluated on the eighth day.

After interpreting the data and implementing the midwifery care plan, which involved administering 250 ml of red guava juice and iron tablets daily for 7 days, the result showed an increase in the mother's Hb level by 0.6 g/dL. Initially, her Hb level was 10.3 g/dL and increased to 10.9 g/dL by the end of the intervention. Thus, the mild anemia experienced by Mrs. M was successfully managed. Based on this case study, it can be concluded that the administration of 250 ml of red guava juice along with iron tablets for 7 days can effectively increase hemoglobin levels in pregnant women. Following the success of this intervention, it is expected that healthcare providers can consider implementing this method in managing mild anemia in pregnancy, thereby helping to reduce the overall prevalence of anemia among pregnant women.

Keywords : Anemia, Red Guava Juice, Pregnant Women
Reading List : 16 (2020-2025)