

ABSTRAK

Studi Kasus Pada Ibu Hamil Dengan Faktor Risiko Anemia Di Puskesmas Wonoayu Wilayah Sidoarjo

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Pendahuluan : Kebutuhan gizi ibu hamil yang semakin meningkat, seringkali menimbulkan masalah gizi salah satunya anemia. Anemia memiliki pengaruh besar akan terjadinya perdarahan yang menjadi penyebab kematian ibu. Menurut data Riset Kesehatan Dasar (Riskesdas) tahun 2018, prevalensi kejadian anemia pada ibu hamil di Indonesia mencapai 48,9%. Adapun status gizi kurang atau Kekurangan Energi Kronik (KEK), paritas ibu lebih dari tiga kali, dan tingkat pengetahuan ibu yang kurang menjadi penyebab ibu hamil berisiko terkena anemia selama kehamilan. **Tujuan :** Mendeskripsikan pengkajian dan implementasi pada ibu hamil dengan faktor risiko anemia. **Metode :** Penelitian ini menggunakan desain penelitian deskriptif dengan pendekatan studi kasus. Lokasi pengumpulan data dilakukan di Puskesmas Wonoayu Sidoarjo. Waktu pengumpulan data 25 Maret – 26 April 2024. Subjek penelitian, dua ibu hamil dengan faktor risiko anemia. Metode pengumpulan data dengan menggunakan teknik wawancara, observasi, dan dokumentasi. **Hasil dan Pembahasan :** Sesuai hasil penelitian ini, ibu hamil dengan faktor risiko anemia, didapatkan hasil responden 1 ibu hamil dengan faktor risiko paritas > 3 kali dan tingkat pengetahuan rendah, hasil laboratorium Hb 13,6 gr/dl. Responden 2 ibu hamil dengan faktor risiko status gizi KEK dan tingkat pengetahuan rendah, hasil laboratorium Hb 11,5 gr/dl. **Simpulan :** berdasarkan data pengkajian dan implementasi terhadap kedua responden ibu hamil berisiko anemia dengan faktor risiko paritas >3 kali, status gizi KEK, dan tingkat pengetahuan rendah, didapatkan hasil kedua responden tidak mengalami anemia ditinjau dari hasil laboratorium yang menunjukkan jumlah kadar Hb dalam batas normal. Penelitian ini, diharapkan dapat menambah wawasan dan dapat dijadikan bahan ajaran bagi peneliti selanjutnya untuk pengembangan ilmu kebidanan

Kata kunci: Ibu hamil; anemia

ABSTRACT

Case Study on Pregnant Women with Risk Factors for Anemia At the Wonoayu Community Health Center, Sidoarjo Region

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Introduction: The increased need of nutrition in women's pregnancy often leads to nutritional problems. One of which is anemia. Anemia has significant impact on occurrence of bleeding, which is a leading cause of maternal death. According to the national primary health research (Riskesdas) data in 2018, the prevalence of anemia among pregnant women in Indonesia has reached 48.9%. Nutrition deficiency or Chronic Energy Deficiency (CED), maternal parity of more than 3 times, and low maternal knowledge are causes of pregnant women being at risk of experiencing anemia during pregnancy. **Objective:** to describe the assesment and implementation in pregnant women with risk factors of anemia. **Method:** this research uses a descriptive research design with a case study approach. Data collection held in March 25 to April 26, 2024. At Puskesmas Wonoayu, Sidoarjo. **Research Subject:** two pregnant mothers with risk factors of anemia. Data collection method includes interviews, observations, and documentation studies. **Results and Discussions:** According to the findings of this research, pregnant women with risk factors of anemia were identified. Respondent 1, a pregnant woman with the risk factor of parity > 3 times and low level of knowledge, had a laboratory result of Hb 13,6 g/dl. Respondent 2, a pregnant woman with the risk factor of undernutrition status and low level of knowledge, had a laboratory result of Hb 11, 5 g/dl. **Conclusion:** based on the data assessment and implementation towards both pregnant respondents with the risk factor of parity >3 times, underweight nutritional status, and low level of knowledge, both respondents are not experiencing anemia as seen from laboratory results showing normal levels of Hb. This research is expected to increase insights and can be used as teaching material for future researchers in the development of midwifery science.

Keywords: Women pregnant; anemia