

ABSTRAK

Anemia merupakan kondisi berkurangnya sel darah merah dalam sirkulasi darah sehingga tidak mampu memenuhi fungsinya sebagai pembawa oksigen ke seluruh jaringan. Ibu hamil dianggap anemia apabila kadar hemoglobin dibawah 11 mg/dl yang mengakibatkan timbulnya gangguan kesehatan pada ibu maupun janin. Tujuan studi kasus ini untuk mengetahui faktor penyebab yang mempengaruhi, tanda dan gejala serta penatalaksanaan anemia ringan.

Metode studi kasus menggunakan rancangan *Multiple Case Desain* dengan dua responden primigravida TM II dengan anemia ringan. Studi kasus dilakukan di Wilayah Kerja Puskesmas Klampis Kabupaten Bangkalan pada bulan April Tahun 2024. Pengumpulan data dilakukan dengan wawancara menggunakan kuesioner dan dokumentasi buku KIA serta analisa data secara deskriptif.

Hasil studi kasus menunjukkan bahwa faktor penyebab Responden 1 meliputi pendidikan, ekonomi/pendapatan dan penyakit infeksi sedangkan Responden 2 yaitu pada asupan nutrisi yang tidak memenuhi gizi seimbang. Tanda dan gejala yang dialami meliputi sering merasa pusing dan cepat merasa lemah, letih, lesu sedangkan Responden 2 cepat merasa lemah, letih, lesu. Penatalaksanaan kedua responden yaitu sama sama melakukan pemeriksaan ANC rutin, pemberian tablet Fe dan penyuluhan dari tenaga kesehatan.

Pemberian tablet Fe dapat mencegah anemia ringan pada ibu hamil, sehingga diperlukan asuhan secara komprehensif untuk mencegah komplikasi dan menganjurkan ibu mengkonsumsi tablet Fe secara rutin. Serta kerja sama lintas sektor pada bidang pertanian yaitu pemanfaatan pekarangan untuk pemenuhan gizi yang akan mencegah terjadinya anemia ringan dan kerja sama lintas program yang berkolaborasi dengan gizi pada saat kegiatan ANC terpadu.

Kata Kunci: Primigravida, Anemia Ringan, Faktor Penyebab.

ABSTRACT

Anemia is a condition in which erythrocytes or red blood cells are reduced in blood circulation so that they are unable to fulfil their function as oxygen carriers to the entire tissue. Pregnant mothers are considered to be anemic when hemoglobin levels are below 11 mg/dl, resulting in health disorders in both the mother and the fetus. The purpose of this case study is to identify causative factors, signs and symptoms as well as the stimulation of mild anemia.

The case study method uses the Multiple Case Design scheme with two primigravid TM II respondents with mild anemia. A case study was conducted in the Puskesmas Work Territory of Klampis district of Bangkalan in April 2024. Data collection was conducted through interviews using questionnaires and maternal and child health book documentation as well as data analysis in a descriptive manner.

The results of the case study showed that respondents 1 included education, economics/income and infectious diseases, while respondents 2 were caused by an imbalanced nutritional intake. The signs and symptoms experienced included frequent dizziness and rapid feeling of weakness, fatigue, sluggishness while Respondents 2 quickly felt weak, tired, slough. The execution of both respondents is the same as conducting a routine ANC examination, administration of Fe tablets and approval from the health care provider.

Fe tablet administration can prevent mild anaemia in pregnant mothers, so it is necessary to provide comprehensive guardianship to prevent complications and to encourage mothers to take Fe Tablets on a regular basis. As well as cross-sector cooperation in the agricultural sector, namely the use of yards to provide nutrition which will prevent the occurrence of mild anemia and cross-program cooperation that collaborates with nutrition during integrated ANC activities.

Keywords: Primigravida, Mild Anemia, Causal Factors.