

ASUHAN KEBIDANAN PADA NY. N UMUR 29 TAHUN MULTIGRAVIDA USIA KEHAMILAN 24 MINGGU DENGAN ANEMIA RINGAN DI PUSKESMAS KRETEK BANTUL YOGYAKARTA

Nanda Alfita Rahma¹, Dewi Zolekhah²

RINGKASAN

Latar Belakang : Anemia merupakan komplikasi kehamilan yang sering dijumpai dan dapat menimbulkan dampak serius bagi ibu dan janin, seperti kelahiran prematur, berat badan lahir rendah, hingga kematian ibu. Di Puskesmas Kretek Bantul, tercatat 49 kasus anemia pada ibu hamil sepanjang tahun 2024. Kondisi ini umumnya disebabkan oleh defisiensi zat besi dan diperburuk oleh rendahnya kepatuhan konsumsi tablet tambah darah serta kurangnya asupan gizi. Oleh karena itu, diperlukan asuhan kebidanan yang komprehensif guna mencegah komplikasi lebih lanjut.

Tujuan : Memberikan asuhan kebidanan secara komprehensif pada Ny. N selama kehamilannya yang sesuai dengan standar pelayanan kebidanan dengan pendekatan manajemen kebidanan dan menggunakan dokumentasi SOAP.

Hasil : Hasil evaluasi asuhan kebidanan selama 30 hari pada Ny. N menunjukkan peningkatan kadar hemoglobin dari 10,5 g/dL menjadi 11 g/dL menandakan respon positif terhadap intervensi, meski batas minimum normal. Ibu responsive dengan perbaikan nutrisi dan kepatuhan konsumsi tablet Fe.

Kesimpulan : Simpulan dari asuhan ini Adalah pendekatan kebidanan holistik mampu mencegah pemburukan anemia selama kehamilan. Serta kepatuhan ibu hamil dalam memperbaiki cara mengkonsumsi tablet Fe.

Kata Kunci : Anemia Ringan, Asuhan Kebidanan, Multigravida

¹Mahasiswa Kebidanan (D-3) Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Kebidanan (D-3) Universitas Jenderal Achmad Yani Yogyakarta

**MIDWIFERY CARE FOR MRS. N, 29 YEARS
OLD MULTIGRAVIDA AT 24 WEEKS OF
GESTATION WITH MILD ANEMIA AT KRETEK
COMMUNITY HEALTH CENTER BANTUL
YOGYAKARTA**

Nanda Alfita Rahma¹, Dewi Zolekhah²

ABSTRACT

Latar Belakang : Anemia is a common complication during pregnancy and can cause serious risks for both the mother and fetus, such as preterm labor, low birth weight, and even maternal death. At Kretek Community Health Center, Bantul, 49 cases of anemia in pregnant women were recorded throughout 2024. This condition is generally caused by iron deficiency and is often worsened by low adherence to iron tablet consumption and inadequate nutritional intake. Therefore, comprehensive midwifery care is needed to prevent further complications.

Tujuan : To provide comprehensive maternity care to Mrs. N throughout her pregnancy, in accordance with midwifery care standards, utilizing the midwifery management approach and SOAP based documentation.

Hasil : The 30 day evaluation of midwifery care for Mrs. N showed an increase in hemoglobin levels from 10,5 g/dL to 11 g/dL, indicating a positive response to the intervention, although still at the minimum normal limit. The mother was responsive through improved nutrition and adherence to iron tablet consumption. **Kesimpulan :** The conclusion of this care is that a holistic midwifery approach is effective in preventing the worsening of anemia during pregnancy, as well as improving pregnant women's adherence to proper iron tablet Fe consumption.

Kata Kunci : Mild Anemia, Midwifery Care, Multigravida

¹Midwifery Student (D-III) Jendral Achmad Yani University Yogyakarta

²Midwifery Lecturer (D-III) Jendral Achmad Yani University Yogyakarta