

**STUDI KASUS: ASUHAN KEBIDANAN KEHAMILAN PADA NY.N
DENGAN ANEMIA RINGAN DI PMB APPI AMMELIA
KABUPATEN BANTUL YOGYAKARTA**

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INTISARI

Latar Belakang: Selama proses kehamilan akan mengakibatkan terjadinya berbagai macam perubahan-perubahan fisiologis pada ibu hamil. Salah satu perubahan terjadi pada sistem hematologi. Perubahan ini seringkali mengakibatkan ibu hamil mengalami anemia dalam kehamilan apabila kurang tercukupinya kebutuhan zat besi dalam tubuh sehingga mengakibatkan terjadinya anemia pada kehamilan.

Tujuan: Melaksanakan asuhan kebidanan pada Ny. N umur 28 tahun dengan anemia ringan dengan mengacu pada Standar Asuhan Kebidanan di PMB Appi Ammelia Kabupaten Bantul Yogyakarta

Metode : Penelitian ini menggunakan metode kualitatif dengan pendekatan deskriptif. Asuhan kebidanan dilaksanakan di PMB Appi Ammelia dan di rumah Ny. N yang berlokasi di Kabupaten Bantul. Subjek studi kasus adalah ibu hamil dengan anemia ringan, Ny. N, usia 28 tahun, G2P1A0. Intervensi yang diberikan berupa jus buah bit sebanyak 200 ml per hari selama 9 hari. Studi kasus dilakukan mulai tanggal 22 Agustus 2024 hingga 9 Februari 2025. Teknik pengumpulan data meliputi wawancara, observasi, serta analisis data sekunder.

Hasil: Sudah dilakukan Asuhan Kebidanan berkelanjutan pada Ny. N umur 28 tahun G2P1A0, di PMB Appi Ammelia, dengan menggunakan 7 langkah varney mulai dari pengumpulan data sampai dengan pemberian jus buah bit.

Kesimpulan: Ny. N umur 28 tahun G2P1A0, didiagnosa anemia ringan dengan keluhan cepat lelah dan tanda-tanda klinis pucat. Asuhan kebidanan telah dilakukan sesuai standar, termasuk pemberian tablet Fe, jus buah bit, serta konseling tentang anemia, nutrisi dan kehamilan. Penanganan dinilai efektif tanpa ditemukannya diagnosa ponesial lanjutan.

Kata Kunci: Asuhan Kebidanan, Hamil, Anemia Ringan,

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**CASE STUDY: MIDWIFERY CARE OF PREGNANCY FOR MRS. N
WITH MILD ANEMIA AT PMB APPI AMMELIA,
BANTUL REGENCY, YOGYAKARTA**

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Abstract:

Background: Pregnancy causes various physiological changes, including changes in the hematological system. These changes can lead to anemia during pregnancy if the body's iron requirements are not adequately met. Anemia in pregnant women can affect both maternal and fetal health, requiring appropriate management.

Objective: To provide midwifery care for Mrs. N, a 28-year-old woman with mild anemia, based on the Standard of Midwifery Care at PMB Appi Ammelia, Bantul Regency, Yogyakarta.

Method: This study employed a qualitative method with a descriptive approach. The midwifery care was carried out at PMB Appi Ammelia and at the client's home. The subject of the case study was Mrs. N, G2P1A0, aged 28, diagnosed with mild anemia. The intervention involved the administration of beetroot juice, 200 ml daily for 9 days. The case study was conducted from August 22, 2024, to February 9, 2025. Data collection techniques included interviews, observations, and secondary data analysis.

Results: Continuous midwifery care was provided using the seven steps of the Varney approach, starting from data collection to the implementation of the intervention through beetroot juice administration.

Conclusion: Mrs. N, a 28-year-old G2P1A0, was diagnosed with mild anemia, presenting with complaints of fatigue and signs of pallor. Midwifery care was provided in accordance with standards, including the provision of iron tablets, beetroot juice, and counseling on anemia, nutrition, and pregnancy. The management was considered effective, with no potential complications identified.

Keywords: Midwifery care, pregnancy, mild anemia

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