

ASUHAN KEBIDANAN BERKESINAMBUNGAN PADA NY T UMUR 36 TAHUN MULTIPARA DENGAN ANEMIA RINGAN DI KLINIK SAYANG KELUARGA PRAMBANAN SLEMAN

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INTISARI

Latar Belakang : Anemia merupakan keadaan jumlah sel darah merah yang terlalu sedikit <11gr/dl, sel darah merah mengandung hemoglobin berfungsi membawa oksigen ketubuh, kekurangan zat besi selama hamil berisiko mengalami komplikasi termasuk keguguran, perdarahan, dan kematian, selain itu kehamilan usia tua memiliki risiko mengalami anemia karena kemampuan daya tahan tubuh menurun dan memasuki masa degeneratif sehingga fungsi tubuh tidak optimal. Asuhan kebidanan berkesinambungan merupakan solusi untuk mengatasi masalah anemia dan risiko usia diatas 35 tahun, sehingga asuhan menyeluruh tepat diberikan pada kasus ini.

Tujuan : Memberikan asuhan berkesinambungan pada Ny T umur 36 tahun multipara dengan Anemia Ringan di Klinik Sayang Keluarga sesuai standar manajemen kebidanan.

Hasil : Telah dilakukan asuhan kebidanan komprehensif pada Ny T dari usia kehamilan 39 Minggu 4 hari, kunjungan dilakukan tiga kali, ibu sudah mulai merasakan kontraksi palsu, kemudian diberikan KIE penyebab terjadinya kontraksi palsu, penulis memberikan asuhan komplementer jus bayam tomat. Persalinan dilakukan di RSKIA Sadewa karena ibu mengalami kala 1 lama, saat terjadi kontraksi diberi asuhan komplementer *massase effleurage*. Tanggal 24 Maret 2024, Ny T melahirkan secara spontan pervaginaan. Asuhan nifas dilakukan sebanyak empat kali, nifas hari ke 28 ASI keluar sedikit penulis memberikan komplementer pijat oksitosin. Asuhan neonatus dilakukan sebanyak tiga kali, penulis memberikan komplementer pijat bayi karena mengalami gangguan tidur.

Kesimpulan : Asuhan berkesinambungan pada Ny T sudah sesuai dengan standar pelayanan kebidanan dan masalah yang terjadi dapat teratasi.

Kata Kunci : Anemia, multipara, komplementer, berkesinambungan

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ABSTRAK

Background: Anemia is a condition where the number of red blood cells is too few <11gr/dl, red blood cells contain hemoglobin which functions to carry oxygen to the body, iron deficiency during pregnancy risks complications including miscarriage, bleeding and death, apart from that, late pregnancy has risk of experiencing anemia because the body's immune system decreases and enters a degenerative period so that the body's function is not optimal. Continuous midwifery care is a solution to overcome the problem of anemia and the risk of those aged over 35 years, so comprehensive care is appropriate to be given in this case.

Objective: To provide continuous care to Mrs. T, aged 36 years, multiparous with mild anemia at the Dear Family Clinic according to midwifery management standards.

Method: Comprehensive midwifery care was carried out on Mrs T from 39 weeks 4 days of gestation, visits were made three times, the mother began to feel false contractions, then she was given IEC to cause false contractions, the author provided complementary care with tomato spinach juice. The delivery was carried out at RSKIA Sadewa because the mother experienced a long first stage, when contractions occurred, she was given complementary care by effleurage massage. On March 24 2024, Mrs T gave birth spontaneously vaginally. Postpartum care was carried out four times, on postpartum day 28 a little breast milk came out. The author provided complementary oxytocin massage. Neonatal care was carried out three times, the author provided complementary massage to the baby because he was experiencing sleep disorders.

Conclusion: Continuous care for Mrs T is in accordance with midwifery service standards and the problems that occur can be resolved.

Keywords: Anemia, multipara, complementary, continuous

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