

**ASUHAN KEBIDANAN KEHAMILAN PADA NY. N G1P0A0
UMUR 23 TAHUN USIA KEHAMILAN 25 MINGGU 2 HARI
DENGAN RESIKO TINGGI KEKURANGAN ENERGI KRONIS
DI PUSKESMAS IMOIRI 1 BANTUL YOGYAKARTA**

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RINGKASAN

Latar Belakang: Kekurangan Energi Kronis (KEK) adalah kondisi kurang gizi (kalori dan protein) yang berlangsung lama pada ibu hamil yang ditandai dengan LILA \leq 223,5 cm dan IMT \leq 18,5 kg/m², yang berdampak pada ibu seperti anemia, kelelahan, rentan infeksi, persalinan sulit, perdarahan pasca bersalin sedangkan pada janin prematur, IUGR, BBLR hingga kematian.

Tujuan : Memberikan asuhan kebidanan kehamilan sesuai standar pelayanan kebidanan pada Ny. N G1P0A0 umur 23 tahun usia kehamilan 25 minggu 2 hari dengan resiko tinggi kekurangan energi kronis di Puskesmas Imogiri 1 Bantul Yogyakarta

Hasil: Asuhan kebidanan pada Ny. N sudah dilakukan pada kunjungan kehamilan telah dilakukan pengkajian awal didapatkan Ny. N termasuk dalam resiko tinggi kehamilan dengan kekurangan energi kronis dan mengalami ketidaknyamanan TM II yaitu sering BAK di malam hari dan nyeri kram kaki saat bangun tidur.

Kesimpulan: Asuhan diberikan sesuai standar kebidanan dimulai dari pemberian KIE kekurangan energi kronis, pemenuhan kebutuhan nutrisi selama kehamilan dan KIE ketidaknyamanan TM II serta asuhan dalam mengatasi ketidaknyamanan TM II.

Kata Kunci: Kekurangan Energi Kronis, Ketidaknyamanan TM II, Asuhan Kebidanan Kehamilan.

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**MIDWIFERY CARE FOR PREGNANCY FOR MRS. N G1P0A0
AGE 23 YEARS, 25 WEEKS AND 2 DAYS OF GESTATION
WITH A HIGH RISK OF CHRONIC ENERGY DEFICIENCY
AT IMOIRI 1 PUBLIC HEALTH CENTER, BANTUL, YOGYAKARTA**

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ABSTRACT

Background: Chronic Energy Deficiency (CED) is a condition of long-term malnutrition (calorie and protein) in pregnant women, characterized by a height of ≤ 223.5 cm and a BMI of ≤ 18.5 kg/m². This impacts the mother, including anemia, fatigue, susceptibility to infection, difficult labor, postpartum hemorrhage, and premature delivery, intrauterine growth restriction (IUGR), low birth weight (LBW), and even death.

Objective: To provide midwifery care in accordance with midwifery service standards for Mrs. N. Mrs. N G1P0A0, 23 years old, 25 weeks and 2 days pregnant, presented with a high risk of chronic energy deficiency at Imogiri 1 Community Health Center, Bantul, Yogyakarta.

Results: Midwifery care for Mrs. N was provided during her prenatal visit. An initial assessment was conducted, and she was found to be at high risk for chronic energy deficiency and experiencing second trimester discomfort, including frequent urination at night and leg cramps upon waking.

Conclusion: Care was provided according to midwifery standards, starting with providing IEC for chronic energy deficiency, meeting nutritional needs during pregnancy, IEC for second trimester discomfort, and care for managing second trimester discomfort.

Keywords: Chronic Energy Deficiency, Second trimester Discomfort, Pregnancy Midwifery Care.

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