PENGARUH PEMBERIAN BUAH NAGA TERHADAP PENINGKATAN KADAR HEMOGLOBIN PADA NY.R DENGAN ANEMIA RINGAN DI KLINIK PURI ADISTY

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INTISARI

Latar Belakang : Anemia pada ibu hamil merupakan masalah kesehatan yang berdampak serius terhadap kehamilan dan persalinan. Salah satu alternatif untuk meningkatkan kadar hemoglobin adalah dengan pemberian buah naga yang mengandung zat besi, vitamin C, dan berbagai antioksidan.

Tujuan : Studi kasus ini bertujuan mengevaluasi pengaruh konsumsi buah naga terhadap peningkatan kadar hemoglobin (Hb) pada Ny. R, 38 tahun, G2P1A0, trimester III, dengan anemia ringan

Metode Penelitian : Penelitian ini menggunakan desain studi kasus dengan pendekatan asuhan kebidanan berkesinambungan (*Continuity of Care*/COC) yang mencakup masa kehamilan, persalinan, nifas, bayi baru lahir, hingga keluarga berencana. Subjek penelitian adalah Ny. R, 38 tahun, multigravida dengan anemia ringan. Intervensi berupa pemberian buah naga merah ±100 gram/hari selama 3 minggu, didampingi edukasi kepatuhan konsumsi tablet tambah darah dan pemantauan kadar hemoglobin sebelum dan sesudah intervensi.

Hasil penelitian : setelah interfensi buah naga di berikkan di dapatkan hasil Hb meningkat menjadi 10,9 g/dL pada evaluasi lanjutan; klien melaporkan rasa lebih segar dan berkurangnya bengkak kaki, menandakan respons klinis yang baik terhadap kombinasi intervensi komplementer dan standar.

Kesimpulan : Kesimpulannya, dalam konteks asuhan COC, konsumsi buah naga merah harian ±100 gram bersama TTD terdapat pengaruh peningkatan kadar Hb pada ibu hamil dengan anemia ringan.

Kata Kunci : buah naga merah, hemoglobin, anemia ringan, kehamilan, Continuity of Care

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THE EFFECT OF GIVING DRAGON FRUIT ON INCREASING HEMOGLOBIN LEVELS IN MRS. R WITH MILD ANEMIA AT THE PURI ADISTY H CLINIC

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ABSTRACT

Background: Anemia in pregnant women is a health problem that can seriously impact pregnancy and childbirth. One alternative to increase hemoglobin levels is to provide dragon fruit, which contains iron, vitamin C, and various antioxidants.
Objective: This case study aims to evaluate the effect of dragon fruit consumption on increasing hemoglobin (Hb) levels in Mrs. R, 38 years old, G2P1A0, third trimester, with mild anemia.
Research Methods: This study used a case study design with a Continuity of Care (COC) approach that covers pregnancy, childbirth, postpartum, newborn, and family planning. The subject of the study was Mrs. R, 38 years old, a multigravida with mild anemia. The intervention was in the form of administering red dragon fruit ±200 grams/day for 3 weeks, accompanied by education on adherence to iron supplementation tablets and monitoring of hemoglobin levels before and after the intervention.
Research results: At the beginning of the third trimester monitoring, the client's Hb was recorded at 10.0–10.3 g/dL, according to the criteria for mild anemia, with complaints of fatigue and mild leg edema. After intervention and strengthening of iron tablet adherence, Hb increased to 10.9 g/dL at follow-up evaluation; the client reported feeling fresher and reduced leg swelling, indicating a good clinical response to the combination of complementary and standard interventions.
Conclusion: In conclusion, in the context of COC care, daily consumption of approximately 200 grams of red dragon fruit along with iron supplementation is associated with increased hemoglobin (Hb) and improvements in subjective symptoms in pregnant women with mild anemia. Standardized implementation (dose, duration, and regular Hb monitoring) and analytical studies with larger samples are recommended to strengthen the evidence of effectiveness.
Keywords: red dragon fruit, hemoglobin, mild anemia, pregnancy, Continuity of Care

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