

STUDI KASUS PEMBERIAN JUS BUAH BIT PADA IBU HAMIL DENGAN ANEMIA SEDANG DI KLINIK PRATAMA SHAQI

Lintang Ayuningtyas¹, Ratna Prahesti²

RINGKASAN

Latar belakang: Anemia merupakan salah satu penyebab utama kematian ibu baik di Indonesia maupun secara global. Kondisi ini memerlukan penanganan segera karena dapat menimbulkan komplikasi pada ibu maupun janin. Upaya penatalaksanaan anemia dapat dilakukan secara farmakologis maupun nonfarmakologis, salah satunya melalui pemberian jus buah bit yang telah terbukti dapat meningkatkan kadar hemoglobin.

Tujuan: Mendeskripsikan studi kasus pada Ny. M usia 23 tahun primigravida usia kehamilan 23 minggu 1 hari dengan anemia sedang.

Hasil: Asuhan diberikan melalui intervensi nonfarmakologis berupa pemberian jus buah bit 250 ml dengan frekuensi 1 kali sehari. Dalam 2 bulan pertama kepatuhan ibu rendah sehingga peningkatan Hb hanya 0,9 g/dl. Setelah dilakukan modifikasi resep dengan tambahan lemon dan madu serta peningkatan frekuensi konsumsi menjadi 2 kali sehari, dalam waktu 32 hari kadar Hb meningkat signifikan dari 9,9 g/dl menjadi 11,7 g/dl.

Kesimpulan: Pemberian jus buah bit pada Ny. M usia 23 tahun primigravida usia kehamilan 23 minggu 1 hari dengan anemia sedang, terbukti efektif meningkatkan kadar hemoglobin setelah dilakukan modifikasi resep dan edukasi pendukung.

Kata kunci : Asuhan Berkesinambungan, Primigravida, Anemia

¹Mahasiswa Pendidikan Profesi Bidan Universitas Jenderal Achmad Yani
Yogyakarta

²Dosen Pendidikan Profesi Bidan Universitas Jenderal Achmad Yani Yogyakarta

CASE STUDY OF GIVING BEET JUICE TO PREGNANT WOMEN WITH MODERATE ANEMIA AT SHAQI PRATAMA CLINIC

Lintang Ayuningtyas¹, Ratna Prahesti²

ABSTRACT

Background: Anemia is one of the leading causes of maternal death both in Indonesia and globally. This condition requires immediate treatment because it can cause complications in the mother and fetus. Efforts to manage anemia can be done pharmacologically and nonpharmacologically, one of which is through the administration of beet juice which has been proven to increase hemoglobin levels.

Objective: Describe a case study of Mrs. M, 23 years old, primigravida, gestational age 23 weeks and 1 day with moderate anemia.

Results: Care is provided through nonpharmacological interventions in the form of giving beet juice 250 ml with a frequency of 1 time a day. In the first 2 months the mother's compliance was low so that the increase in Hb was only 0.9 g/dl. After modifying the recipe with the addition of lemon and honey and increasing the frequency of consumption to 2 times a day, within 32 days the Hb level increased significantly from 9.9 g/dl to 11.7 g/dl.

Conclusion: Giving beet juice to Mrs. M, 23 years old primigravida, 23 weeks 1 day gestation with moderate anemia, proved effective in increasing hemoglobin levels after modifying the recipe and supporting education.

Keywords: Continuous Care, Primigravida, Anemia

¹Midwifery Professional Education Student, Universitas Jenderal Achmad Yani Yogyakarta

²Midwifery Professional Education Lecturer, Universitas Jenderal Achmad Yani Yogyakarta