

Continuous Midwifery Care for Mrs. S 34 Years Old G₃P₁A₁Ah₁ with Mild Anemia at Danurejan Health Center 1 Yogyakarta City

SYNOPSIS

Indonesia's Health Profile 2020 states that the number of maternal and infant deaths is still high. Most maternal deaths are due to bleeding and most infant deaths are due to low birth weight. Bleeding itself can be due to a history of anemia in pregnant women. The prevalence of anemia in pregnant women in Indonesia is still high at 48.9%. The impact of anemia on infants is to cause low birth weight because the intake of oxygen that carries nutrients is reduced. In the management of maternal and child health, one of the important concepts is through continuous midwifery services that provide effective care from pregnancy to family planning. In this final project, continuous care is carried out on Mrs. S 34 years old G₃P₁A₁Ah₁. On January 10, 2022, she was 36 weeks pregnant and diagnosed with mild anemia based on a Hb level of 10.8 g/dl. Management by giving Fe tablets and education on high-iron foods such as beetroot juice. Care is also given to families in terms of sibling rivalry education because of the distance between previous deliveries (< 2 years) and postpartum family planning education. Mrs. S gave birth spontaneously at 40 weeks of gestation on January 12, 2022 at 09.00, the baby was a boy weighing 3,390 grams. The period of labor and puerperium took place normally without any complications. Postpartum family planning has also been used, namely the IUD which is inserted immediately after delivery. At first Mrs. S's baby was born healthy, however, at the age of 2 days, jaundice developed and a referral was made for phototherapy. After 2 days of hospitalization, the baby recovered and at the age of 25 days was immunized with BCG.

The conclusion of this care is that pregnant women with anemia must be treated immediately to prevent bad things from happening. Continuous care is a good way to closely monitor the health of both mother and baby.

Asuhan Kebidanan Berkesinambungan pada Ny. S Usia 34 Tahun G₃P₁A₁Ah₁
dengan Anemia Ringan di Puskesmas Danurejan 1
Kota Yogyakarta

SINOPSIS

Profil Kesehatan Indonesia tahun 2020 menyatakan bahwa jumlah kematian ibu dan kematian bayi masih tinggi. Sebagian besar kematian ibu dikarenakan perdarahan dan sebagian besar kematian bayi dikarenakan BBLR. Perdarahan sendiri dapat dikarenakan riwayat anemia pada ibu hamil. Prevalensi ibu hamil anemia di Indonesia masih tinggi yaitu 48,9%. Dampak anemia pada bayi adalah menyebabkan BBLR karena asupan oksigen yang membawa nutrisi berkurang. Dalam penatalaksanaan kesehatan ibu dan anak, salah satu konsep pentingnya melalui pelayanan kebidanan berkelanjutan yang memberikan asuhan efektif dari kehamilan hingga keluarga berencana.

Dalam tugas akhir ini, asuhan berkelanjutan dilakukan pada Ny. S usia 34 tahun G₃P₁A₁Ah₁. Pada 10 Januari 2022 usia kehamilan 36 minggu dan terdiagnosis anemia ringan berdasarkan kadar Hb 10,8 gr/dl. Penatalaksanaan dengan pemberian tablet Fe dan edukasi makanan tinggi zat besi seperti jus buah bit. Asuhan juga diberikan pada keluarga dalam hal edukasi *sibling rivalry* karena jarak persalinan sebelumnya (< 2 tahun) dan edukasi KB pascasalin. Ny. S bersalin spontan di usia kehamilan 40 minggu pada 12 Januari 2022 jam 09.00, bayi berjenis kelamin laki-laki dengan berat 3.390 gram. Masa persalinan dan nifas berlangsung normal tanpa penyulit. KB pascasalin juga telah digunakan yaitu IUD yang segera dipasang setelah melahirkan. Pada awalnya By.Ny.S lahir sehat namun, pada usia 2 hari timbul ikterik dan dilakukan rujukan untuk fototerapi. Setelah 2 hari rawat inap, bayi pulih dan pada usia 25 hari sudah diimunisasi BCG.

Kesimpulan dari asuhan ini adalah ibu hamil anemia harus segera ditangani untuk mencegah kemungkinan buruk yang terjadi. Asuhan berkesinambungan merupakan cara yang baik untuk memantau secara ketat kesehatan ibu dan bayi.