

IMPLEMENTASI POLA KONSUMSI NUTRISI TINGGI ZAT BESI DAN ASAM FOLAT PADA NY. S DENGAN ANEMIA KEHAMILAN TRIMESTER III DI RUANG TULIP RSU TANGERANG SELATAN

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ABSTRAK

Anemia selama kehamilan adalah salah satu isu Kesehatan yang kerap dialami serta dapat menimbulkan risiko serius bagi kondisi ibu maupun janin. Prevalensi anemia pada wanita hamil masih tinggi, terutama di negara berkembang seperti Indonesia. Penelitian ini dilakukan dengan tujuan mendeskripsikan pemberian asuhan keperawatan kepada Ny. S dengan anemia pada trimester III kehamilan di Ruang Tulip RSU Tangerang Selatan. Metode penelitian yang diterapkan berupa studi kasus dengan pendekatan proses asuhan keperawatan yang mencakup tahap pengkajian, penetapan diagnosis keperawatan, penyusunan intervensi, pelaksanaan tindakan, serta evaluasi. Teknik pengumpulan data dilakukan melalui wawancara, observasi, dan pemeriksaan fisik.. Hasil pengkajian menunjukkan Ny. S mengalami anemia tingkat ringan dengan kadar Hb 10,0 g/dL. Diagnosa keperawatan yang ditemukan antara lain perfusi perifer tidak efektif, intoleransi aktivitas, dan defisit pengetahuan. Setelah dilakukan intervensi keperawatan selama 3x8 jam, terjadi peningkatan kondisi pasien yang ditandai dengan berkurangnya keluhan pusing, lelah berkurang, dan tingkat pengetahuan meningkat. Asuhan keperawatan yang diberikan pada Ny. S yang mengalami anemia pada kehamilan trimester III berhasil mengatasi masalah keperawatan yang dialami. Peningkatan pengetahuan pasien tentang penanganan anemia selama kehamilan menjadi kunci keberhasilan intervensi.

Kata kunci: Anemia kehamilan; Intoleransi aktivitas; Keperawatan Maternitas; Perfusi perifer.

**IMPLEMENTATION OF HIGH IRON AND FOLIC ACID NUTRITION
CONSUMPTION PATTERNS IN MRS. S WITH ANEMIA OF
PREGNANCY IN THE THIRTY-TRIMESTER IN THE TULIP ROOM,
SOUTH TANGERANG GENERAL HOSPITAL**

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ABSTRACT

Anemia in pregnancy is a common condition and can have serious impacts on the health of the mother and fetus. The prevalence of anemia in pregnant women is still high, especially in developing countries like Indonesia. This study aims to report nursing care for Mrs. S with anemia in the third trimester of pregnancy in the Tulip Ward of South Tangerang General Hospital. The method used is a case study with a nursing process approach that includes assessment, nursing diagnosis, intervention, implementation, and evaluation. Data collection was carried out through interviews, observations, and physical examinations. The results of the assessment showed Mrs. S had mild anemia with an Hb level of 10.0 g/dL. The bleeding diagnoses found included ineffective peripheral perfusion, activity intolerance, and knowledge deficit. After surgical intervention for 3x8 hours, there was an improvement in the patient's condition as indicated by reduced complaints of dizziness, reduced fatigue, and increased knowledge. The bleeding care provided to Mrs. S with anemia in the third trimester of pregnancy successfully resolved the problem of flooding she experienced. Increasing patient knowledge about anemia management during pregnancy is the key to the success of the intervention.

Keywords: Activity intolerance; Anemia of pregnancy; Maternity nursing; Peripheral perfusion