ABSTRAK

Anemia ringan dan kecemasan merupakan masalah yang dapat terjadi pada ibu hamil trimester III. Pada Ny. B ditemukan anemia ringan dengan kadar hemoglobin 10,9 g/dL, pola nutrisi kurang baik, serta kecemasan akibat kurangnya dukungan suami. Pemberian sari kurma sebagai terapi pendamping tablet Fe dan dukungan psikologis dilakukan untuk membantu mengatasi masalah tersebut.

Studi kasus ini bertujuan memberikan asuhan kebidanan komprehensif pada Ny. B sejak kehamilan trimester III, persalinan, nifas, bayi baru lahir, hingga keluarga berencana. Metode yang digunakan adalah studi kasus dengan pendekatan manajemen kebidanan dan pendokumentasian SOAP. Asuhan dilaksanakan di Puskesmas Ciparay DTP Kabupaten Bandung.

Hasil asuhan menunjukkan kadar hemoglobin meningkat dari 10,9 g/dL menjadi 11,8 g/dL setelah pemberian tablet Fe dan sari kurma disertai edukasi nutrisi. Kecemasan ibu berkurang setelah diberikan komunikasi terapeutik, dukungan emosional, dan melibatkan orang tua sebagai pendamping. Persalinan berlangsung normal dengan episiotomi atas indikasi *turtle sign* dan ditemukan laserasi perineum derajat II. Masa nifas dan bayi baru lahir berlangsung baik. Pada akhir masa nifas, Ny. B memilih kontrasepsi implan dan pemasangan dilakukan sesuai prosedur tanpa keluhan.

Asuhan kebidanan komprehensif pada Ny. B dapat terlaksana dengan baik. Pemberian sari kurma sebagai terapi pendamping tablet Fe disertai dukungan psikologis membantu meningkatkan kadar hemoglobin dan mengurangi kecemasan ibu.

Kata Kunci : Asuhan Kebidanan Komprehensif, Anemia, Sari Kurma, Dukungan Psikologis
Daftar Pustaka : 41 sumber
Sumber : buku dan jurnal (2022–2026)

ABSTRACT

Mild anemia and anxiety are problems that can occur during the third trimester of pregnancy. Mrs. B had mild anemia with a hemoglobin level of 10.9 g/dL, inadequate nutritional intake, and anxiety related to limited support from her husband. Date palm extract was given as a complementary therapy along with iron tablets, nutritional education, and psychological support.

This case study aimed to provide comprehensive midwifery care for Mrs. B from the third trimester of pregnancy through labor, the postpartum period, newborn care, and family planning. The method used was a case study with a midwifery management approach and SOAP documentation. The care was provided at Ciparay Public Health Center, Bandung Regency.

After receiving iron tablets and date palm extract along with nutritional education, Mrs. B's hemoglobin level increased from 10.9 g/dL to 11.8 g/dL. Her anxiety decreased after receiving therapeutic communication, emotional support, and support from her parents. Labor progressed normally. An episiotomy was performed due to a turtle sign, and a second-degree perineal laceration was found and managed appropriately. The postpartum period and newborn care proceeded well. At the end of the postpartum period, Mrs. B chose a contraceptive implant, which was inserted according to standard procedure without any complaints.

Conclusion: Comprehensive midwifery care provided to Mrs. B addressed the problems found during pregnancy and continued appropriately through the postpartum period, newborn care, and family planning. The combination of iron tablets, date palm extract, nutritional education, and psychological support was followed by an increase in hemoglobin level and a decrease in maternal anxiety.

Keywords: mild anemia, date palm extract, psychological support, comprehensive midwifery care.

Kata Kunci : Asuhan Kebidanan Komprehensif, Anemia Sari Kurma, Dukungan Psikologis
Daftar Pustaka : 41 sumber
Sumber : buku dan jurnal (2022–2026)