ABSTRAK

Asuhan kebidanan komprehensif merupakan pelayanan kebidanan yang diberikan secara menyeluruh dan berkesinambungan mulai dari masa kehamilan, persalinan, bayi baru lahir, nifas, hingga keluarga berencana. Anemia ringan merupakan salah satu penyulit dalam kehamilan yang apabila tidak ditangani dengan tepat dapat meningkatkan risiko komplikasi pada ibu maupun janin. Tujuan Laporan Tugas Akhir ini adalah memberikan asuhan kebidanan komprehensif pada seorang klien dengan anemia ringan pada trimester III melalui pemberian buah bit kombinasi buah kurma di wilayah kerja Puskesmas Ciparay DTP Kabupaten Bandung.

Laporan ini menggunakan metode studi kasus dengan pendekatan asuhan kebidanan komprehensif melalui pendokumentasian SOAP. Asuhan dilaksanakan di wilayah kerja Puskesmas Ciparay DTP Kabupaten Bandung, mulai dari kehamilan trimester III, persalinan, bayi baru lahir, masa nifas, hingga keluarga berencana. Selama pelaksanaan asuhan ditemukan masalah anemia ringan dengan kadar hemoglobin 10 g/dL pada trimester III. Penatalaksanaan dilakukan melalui edukasi pemenuhan nutrisi, konsumsi tablet Fe dan MMS secara teratur, serta penerapan konsumsi buah bit kombinasi buah kurma sebagai upaya membantu meningkatkan kadar hemoglobin ibu. Hasil evaluasi menunjukkan kadar hemoglobin meningkat menjadi 10,2 g/dL. Persalinan berlangsung spontan dan fisiologis tanpa komplikasi. Bayi lahir sehat, masa nifas berlangsung fisiologis, dan kadar hemoglobin ibu meningkat menjadi 12,7 g/dL. Pada akhir masa nifas, ibu menggunakan suntik 3 bulan.

Asuhan kebidanan komprehensif yang diberikan berjalan fisiologis sesuai kebutuhan klien. Tatalaksana anemia ringan melalui edukasi nutrisi, komsumsi tablet Fe dan MMS secara teratur, serta penerapan buah bit kombinasi buah kurma membantu meningkatkan kadar hemoglobin ibu. Bidan diharapkan meningkatkan deteksi dini anemia dan edukasi kepatuhan konsumsi tablet Fe pada ibu hamil.

Kata Kunci: Asuhan Kebidanan Komprehensif, Anemia Ringan, Buah Bit, Buah Kurma, Kehamilan

ABSTRACT

Comprehensive midwifery care is a continuous and holistic midwifery services provided throughout pregnancy, childbirth, newborn care, the postpartum period, and family planning. Mild anemia is one of the complications during pregnancy that, if not properly managed appropriately, may increase the risk of adverse outcomes for both the mother and the fetus. The purpose of this Final Project Report was to provide comprehensive midwifery care to a client with mild anemia in the third trimester through the administration of beetroot combined with dates in the working area of Ciparay DTP Public Health Center, Bandung Regency.

This report employed a case study method using a comprehensive midwifery care approach documented using SOAP. The care was provided in the working area of Ciparay DTP Community Health Center, Bandung Regency, covering the third trimester of pregnancy, childbirth, newborn care, the postpartum period, and family planning. During the care process, mild anemia was identified with a hemoglobin level of 10 g/dL in the third trimester. Management included nutrition education, regular consumption of iron (Fe) tablets and Multiple Micronutrient Supplements (MMS), and the consumption of beetroot combined with dates to help increase maternal hemoglobin levels. Evaluation showed that the hemoglobin level increased to 10.2 g/dL. Labor occurred spontaneously and physiologically without complications. The baby was born healthy, the postpartum period progressed physiologically, and the mother's hemoglobin level increased to 12.7 g/dL. At the end of the postpartum period, the mother chose the three-month injectable contraceptive method.

The comprehensive midwifery care provided was physiological and tailored to the client's needs. The management of mild anemia through nutrition education, regular consumption of Fe tablets and MMS, and the consumption of beetroot combined with dates helped improve maternal hemoglobin levels. Midwives are expected to enhance early detection of anemia and provide education on adherence to iron tablet consumption among pregnant women.