

CONTINUITY OF CARE WITH ANEMIA DURING PREGNANCY IN Mrs. C AT THE PRATAMA SERASI CLINIC, HELVETIA DISTRICT

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ABSTRACT

During pregnancy, various complications can appear, one of which is anemia. Anemia in pregnant women is a condition when the level of hemoglobin in the blood is below normal levels. Hemoglobin itself is a protein in red blood cells that plays an important role in transporting oxygen throughout the body. In pregnant women, anemia is usually defined as hemoglobin levels that are below a certain threshold that has been set as a health standard. (Herien, 2024). The problem in the case study is how obstetric care is done in NY. C comprehensively includes "obstetric care for pregnancy, childbirth, postpartum and newborn and family planning with Helen Varney's Midwifery management approach and SOAP Documentation at the Pratama Serasi Clinic in Medan City. The purpose of this study is expected to be able to conduct a study of data obtained in accordance with continuous obstetric care starting from third trimester pregnancy, childbirth, postpartum labor, breastfeeding, and family planning In Mrs. C aged 25 years G1P0A0 at the primary clinic in Medan Helvetia District, Medan City. The method used is an approach to patients through interviews with case study techniques, which aims to gain an understanding of the condition of pregnant women at the Pratama Serasi Clinic in 2024. The application of continuous obstetric care in Mrs. C, pregnant women with (Hb 8.3 g/dL), has been shown to be effective in increasing Hb levels to 11.2 dl before delivery. This success is supported by the feeding of blood-boosting tablets, regular consumption of beetroot and dragon fruits and periodic monitoring of kamilan. The delivery process proceeded normally without complications, physiologically, the baby was born healthy, and the mother chose the post-traumatic stress disorder (MAL) method of natural contraception and was interested in performing IUDs for long periods. This shows that midwifery care carried out thoroughly and continuously can optimally improve the health status of mothers and babies.

Keywords: Continuity of Care, Anemia, Pregnancy

Introduction

During pregnancy, various complications can arise, one of which is anemia Pregnant women are said to have anemia if the mother's hemoglobin level is less than 11g/dl in the first and third

trimester, and less than 10.5 g/dl in the second trimester.

According to WHO data, there are 817 maternal deaths (AKI) every day, and according to UNICEF (2020) the global AKB reaches 2.5 million infant deaths

before the age of one month. The majority of maternal and infant deaths occur in developing countries. In Indonesia, AKI is expected to reach 183 per 100,000 live births in 2024 and 131 per 100,000 live births in 2030, which is still far from the SDGs target. Maternal mortality (AKI) in 2021 in North Sumatra reached 119 cases and AKB 299 cases, so North Sumatra implements various programs or activities to reduce AKI and AKB (Ministry of Health of the Republic of Indonesia, 2021). The prevalence of anemia in pregnant women in Indonesia based on RISKESDAS 2018 increased significantly from 2013 (37.1%) to 2018 (48.9%). The prevalence of anemia in North Sumatra province is 15 to 39%. (Purba et al., 2020)

Anemia during pregnancy can cause various negative impacts on both the mother and the fetus. In mothers, anemia may lead to fatigue, decreased immunity, concentration disorders, and an increased risk of bleeding and infection during childbirth. Meanwhile, in the fetus, anemia can result in intrauterine growth restriction, low birth weight (LBW), preterm birth, and a higher risk of perinatal mortality. Therefore, continuity of midwifery care is crucial to ensure early detection, prevention, and management of anemia throughout pregnancy and the postpartum period. This approach enables midwives to provide comprehensive and continuous care through nutritional status monitoring, health education, and appropriate follow-up to maintain the optimal health of both mother and baby

Research Methods

In this study, the method used is an approach to patients through interviews with case study techniques, which aims to gain an understanding of the condition of pregnant women at the Pratama Serasi Clinic in 2024. Pratama Serasi Clinic is a

health facility located on Jl. Pantai Timur No.46, Cinta Damai, Medan Helvetia District, Medan City, North Sumatra. The researcher will conduct research on Mrs. C with pregnancy, childbirth, postpartum, newborn and contraceptive use starting from September 2024 – January 2025 until completed at the Pratama Serasi Clinic, Medan Helvetia District, Medan City.

Result

At the beginning of pregnancy, clients complain of nausea, vomiting, fatigue, and frequent urination (micha). Fetal movements are first felt at 16 weeks of gestation. A supporting examination was carried out to confirm the diagnosis experienced by the patient with Hemoglobin 8.3 grams. At the second visit of the pregnancy, the mother said that she rarely felt dizziness and nausea and did not like beets, but the mother replaced the beets with dragon fruit according to the advice given by the researcher. In the third pregnancy the mother said that she often urinate at night, had difficulty sleeping at night and felt tight, especially when lying down, the client wanted to do an Hb test to find out the current Hb level of the mother, a haemoglobin test was carried out and the result was 11.2 grams. After being given care to the client, it was found that the client's HB had increased which as a result of the care provided experienced good results so that the hb ke, bali was normal.

Discussion

According to (Amir et al., 2023) Anemia during pregnancy is defined as a decrease in hemoglobin levels below 11 g/dL between the first and third trimesters and less than 10 g/dL during the postpartum and second trimester. Anemia is characterized by having an Hb of less than 11gr/dl. There are several levels of anemia in pregnant women experienced by

pregnant women, namely: Mild anemia: anemia in pregnant women is called mild when the mother's hemoglobin level is 10.9 g/dl.

According to (Purba et al., 2020) Fatigue is one of the signs and symptoms of anemia in pregnant women, paleness, dizziness, and difficulty sleeping at night. Mother C G1P0A0 Pregnancy age 28 weeks, single fetus, alive, in the womb, left back, presentation of the head, lower part not yet in PAP, condition of the mother with moderate anemia and healthy fetus. The mother said that this was her first pregnancy and often experienced dizziness, dizziness and also sleep problems at night. The mother's condition is still in a generally stable state, with the conjunctiva appearing pale (S et al., 2024).

If moderate anemia is not treated properly, it will have worse consequences such as severe anemia. There is also a risk of bleeding during childbirth, premature birth, poor fetal development, and low birth weight (BBLR), susceptibility to infection, low IQ, and maternal mortality during the second trimester. Mrs. C is pregnant with moderate anemia and has the potential for severe anemia, so there is no gap between theory and practice on this issue. According to (SKI, 2023), Hb levels are 9.9g/dl to 7.0g/dl. The decomposition of fe tablets must be routinely taken orally 2 times a day with a combination of 60 mg of iron and 500 mg of folic acid per day. In this case, it will provide iron tablets, provide counseling on the impact of anemia on the fetus and mother, as well as increase the consumption of food, protein, and iron. Encourage the mother to get enough rest.

According to (Khodijah & Rohaeni, 2023) Moderate anemia requires 60 mg of iron vitamins per day and folic acid 500 mg. This also includes counseling on the impact of anemia on the fetus and mother; counseling on increasing food, protein, and

iron intake; and advise the mother to get enough rest. To increase Hb, it can also be done by fulfilling nutrients such as the consumption of beetroot and dragon fruit as described in the book (Nurhidayati., S.Sos., S.Keb., n.d.) It is very effective in the consumption of pregnant women. the mother's plan is to be given Fe 60 mg tablets one by one, Folic Acid 141 and told how to take it and its side effects, remind them of balanced nutritional intake and rest patterns and check Hb levels one week after carrying out care (WHO, 2024)

After continuous obstetric care was carried out on Mrs. C who experienced moderate anemia for approximately 45 days, results were obtained that showed an improvement in hemoglobin status. Care is provided through a promotive and preventive approach, including education and the application of balanced nutritious food consumption (such as green vegetables, chicken liver, and beans), the consumption of beetroot and dragon fruit as a source of natural iron, and the provision of blood supplement tablets as recommended by the Ministry of Health. Based on the results of the evaluation, the intervention was declared successful in increasing hemoglobin levels to normal levels (A. Sinaga, 2022).

According to the book (Nurhidayati., S.Sos., S.Keb., n.d.) Dragon fruit and beetroot are effective in increasing Hb levels in pregnant women. In addition, the administration of blood-boosting tablets has long been recommended to treat anemia in pregnant women, emphasizing that the combination of dragon fruit consumption and iron tablets is effective in increasing hemoglobin levels in pregnant women with anemia. Thus, the application of obstetric care that includes nutrition education, consumption of natural iron sources such as dragon fruit and beets, as well as blood supplementation tablets, has been proven

effective in increasing hemoglobin levels in pregnant women with moderate anemia.

Conclusion

The application of continuous obstetric care in Mrs. C, pregnant women with (Hb 8.3 g/dL), has been shown to be effective in increasing Hb levels to 11.2 dl before delivery. This success is supported by the feeding of blood-boosting tablets, regular consumption of beetroot and dragon fruits and periodic monitoring of kamilan. The delivery process proceeded normally without complications, physiologically, the baby was born healthy, and the mother chose the post-traumatic stress disorder (MAL) method of natural contraception and was interested in performing IUDs for long periods. This shows that midwifery care carried out thoroughly and continuously can optimally improve the health status of mothers and babies (R. Sinaga et al., 2024).

Suggestion

For Institutions

The author hopes that the results of this case study can be used by institutions to be considered for input in providing comprehensive midwifery care in pregnancy courses.

For Health Workers

Which can further increase reading interest to be better able to identify signs of moderate anemia and be able to plan the treatment of pregnant women with moderate anemia.

For clients

Patients can improve their understanding in recognizing the danger signs of militancy by regularly conducting ANC visits or pregnancy visits and utilizing androids by searching the internet about what anemia is and the dangers of anemia.

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