

CONTINUITY OF CARE IN NY. S AGE 34 YEARS OLD WITH MILD ANEMIA DIPMB HAMIDAH, KEC. MEDAN MAIMUN, MEDAN CITY, NORTH SUMATRA IN 2025

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ABSTRACT

Anemia is a condition in which the number of red blood cells (erythrocytes) or the level of hemoglobin (Hb) in the blood is insufficient for the body's physiological needs. This study focuses on the relationship between education level and anemia cases in pregnant women. The main cause of anemia is due to pregnant women lacking iron intake, vit D, vit B12, lack of blood cells. (Saras, 2023) This case study describes the treatment of anemia in a 34-year-old pregnant woman with a gestation of 38 weeks and 5 days. The care provided includes the provision of FE tablets and providing nutritious food-related kie and encouraging frequent visits to ANC The purpose of this service is to increase the understanding of pregnant women about the prevention and treatment of anemia in the research area at Pmb Hamidah. (Squirt & Lestarini , 2024) The method used in this service is education and the administration of Fe tablets. The results of this activity showed an increase in pregnant women's knowledge about anemia and how to prevent anemia. In conclusion, education and intervention in administering Fe tablets in handling cases in this region.(WHO, 2023)

Keywords: *Anemia, Anemia Prevention, Fe-Tablet Administration, Anemia Education, Pmb Hamidah*

Introduction

Anemia during pregnancy is a major health problem because it can cause complications in the fetus, pregnancy and after pregnancy (Ministry of Health of the Republic of Indonesia 2014). The World Health Organization explains that anemia during pregnancy is a physiological thing that often occurs among pregnant women in the world, this is due to the many changes that occur in the anatomy of pregnant women. One of the changes that can occur is a decrease in hemoglobin concentration followed by hemodilution due to an

increase in plasma volume, which causes a decrease in hemoglobin levels which can reach <11% gr/dL, so that the need for iron in pregnant women also increases because it is needed as an iron supply to the fetus, which can make the mother experience anemia.(Astutik & Ertiana , 2021)

Anemia among pregnant women in North Sumatra reached 48.9%, meaning nearly half of pregnant women in the province are anemic. Other high-risk groups include women of childbearing age (15-49 years), with approximately 30% of this population worldwide expected to

suffer from anemia by 2023. The difference in prevalence is more pronounced in the reproductive age group, where 33.7% of women are anemic compared to 11.3% of men. Furthermore, approximately 37% of pregnant women worldwide are anemic, with 35.5% of pregnant women aged 15-49 years reported to be anemic by 2023. For children aged 6-59 months, an estimated 40% of them worldwide were anemic in 2019. (Astutik & Ertiana, 2020)

ACTIVITY METHOD

The activity was carried out from September to January 2025 at the Hamidah Midwife Independent Practice. The initial survey was conducted by analyzing data from direct outreach to pregnant women during antenatal care visits or prenatal checkups (Sinaga, 2022). The community service implementation was divided into three stages: the initial activity process. The initial stage was carried out by providing outreach to pregnant women. The activity began with an introduction between the community service team and the target group. Then, information was provided to mothers to be more aware of the signs and symptoms of anemia. (Mue Juwa, 2023)

ACTIVITY RESULTS AND DISCUSSION

Maternal health before pregnancy, where mothers with low hemoglobin levels are at higher risk of developing anemia during pregnancy, is important. The total number of anemia cases among pregnant women in 2023 reached 1,216, representing 47% of the total population of pregnant women registered in antenatal care programs. This means that nearly half of pregnant women experienced anemia during pregnancy, indicating the need for further intervention to reduce the incidence of anemia. Anemia during pregnancy can seriously impact the health of both mother

and fetus, including an increased risk of preterm delivery, low birth weight, and other complications that can affect the health of both mother and baby after delivery. The significant increase in anemia cases in the second half of 2023. (Raharjo & Hakim, 2021)

Based on the results of this outreach and intervention, several important discussions emerged regarding the effectiveness of providing iron tablets, nutritional education for pregnant women, and their impact on fetal development. Direct education has been shown to be effective in increasing public knowledge about the importance of meeting nutritional needs for pregnant women. (Amelia et al., 2024)

Through the outreach sessions, the community was provided with clear and relevant information on how to meet the nutritional needs of pregnant women. This education not only included explanations of good foods for pregnant women but also information on how these foods support fetal development and growth. With better knowledge, the community is expected to be able to make more informed decisions regarding nutrition and care during pregnancy, ultimately contributing to health and reducing the incidence of anemia in pregnant women. (Ariska Fauzianty, 2023)

Giving iron tablets to pregnant women has been proven to increase hemoglobin levels in the blood, thereby reducing the incidence of anemia in pregnant women. Adequate nutrition during pregnancy is crucial for fetal growth and development, ensuring effective fetal development appropriate to gestational age and preventing anemia in pregnant women. Pregnant women with good economic conditions tend to have better access to nutritious food and healthcare facilities, which support nutritional needs during pregnancy. Conversely, parents with

limited economic resources often face challenges in providing nutritious food during pregnancy. Furthermore, the surrounding environment, including access to healthcare and education, also plays a role. (Practice et al., 2022)

Education on the management and prevention of anemia in pregnant women is a crucial aspect of efforts to improve maternal and child health in Hamidah's independent midwife practice. This outreach program provides insight into the importance of balanced nutrition and how to identify and manage anemia in pregnant women. Through intensive education, it is hoped that the community will be more aware of the signs of low hemoglobin levels and take preventive measures to avoid these problems. This approach helps build public awareness of the importance of nutritional intake in the early stages of fetal development and encourages better practices in meeting nutritional needs during pregnancy. (Yoki Foranci, 2023)

CONCLUSION

In her pregnancy, the mother routinely checks the uterus in the last month before delivery, and during the third trimester of pregnancy no serious complications were found. only complaints of discomfort too often urinating and there was mild anemia at the third visit with complaints of dizziness and blurred vision and the results of the supporting examination HB 10 gr/dl and had been given kie to consume iron, protein, nutrition, consumption of Fe tablets and a lot of rest on the fourth visit has been evaluated and checked hemoglobin Return hb mother Return to normal. At the time of the delivery process Mrs. S there were no problems during the I-IV period and the delivery was carried out on January 27, 2025. During the postpartum period there was no infection and bleeding, during the postpartum period the mother only complained of milk coming out a little

during the postpartum period and this is a physiological matter, the problem was solved well without any gap between theory and practice. At the postpartum visit, the evolution and decrease of the fundus went normally. In neonates, no complications or serious problems were found in the baby, visits were made 3 times and no problems occurred. The family plans to make 2 visits, after being explained about the type of contraception, the patient decides to use the MAL method as a contraceptive tool at this time, and the next visit still chooses MAL because he wants to focus on breastfeeding the baby. (Sicily Septhreena Br. Maha, 2024) (Minister of Health Regulation, 2021)

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