

ABSTRAK

Pada tahun 2018 angka kematian ibu (AKI) di Kota Bandung tercatat sebanyak 29 kasus dan angka kematian Bayi (AKB) tercatat sebanyak 113 kasus. Berdasarkan data yang diambil di puskesmas cipamokolan terdapat 58 kasus ibu hamil dengan anemia. Anemia merupakan keadaan tubuh yang memiliki sel darah merah terlalu sedikit pada sel darah tersebut mengandung hemoglobin yang berfungsi membawa oksigen keseluruh jaringan tubuh. Anemia pada kehamilan adalah kadar hemoglobin kurang dari 11 g/dl. Penelitian ini menggunakan asuhan *continuity of care* melalui *case study*. Sample yang digunakan adalah seorang ibu hamil dengan usia kehamilan 38 minggu dengan kadar Hb 10,4 gr/dl di puskesmas cipamokolan. Diberikan intervensi dengan pemberian tablet Fe dan Ubi jalar orange sebanyak 100 gr setiap hari selama 4 hari berturut-turut, dilakukan pemberian intervensi ini untuk menambah kadar Hb karena ubi jalar mengandung 4 mg zat besi. Setelah mengkonsumsi ubi jalar orange didapatkan hasil 11gr/dl dengan kenaikan 0.6 gr/dl dan berhasil disesuiakan dengan teori. Klien anemia dapat berdampak pada ibu hamil yaitu abortus, kematian janin dalam kandungan, prematuritas, dampak pada persalinan yaitu perdarahan, retensio plasenta, dan inersia uteri. Penulis menyarankan pada petugas kesehatan supaya bisa menyarankan ubi jalar orange untuk menaikkan kadar hemoglobin untuk ibu anemia, kepada pihak pendidikan sebagai bahan dokumentasi.

Kata kunci: Asuhan Kebidanan, intervensi ubi jalar, anemia, Hemoglobin.

ABSTRACT

In 2018 the maternal mortality rate (MMR) was recorded as many as 29 cases and the infant mortality rate (IMR) was recorded as 113 cases. Based on data taken at the Cipamokolan Health Center there were 58 cases of pregnant women with anemia. Anemia is a condition of the body that has too few red blood cells in the blood cell containing hemoglobin which contains hemoglobin which functions to carry oxygen throughout the body's tissues. Anemia in pregnancy is a hemoglobin level less than 11 g / dl. This research uses continuity of care care through case study. The sample used was a pregnant woman with 38 weeks' gestation with a hemoglobin level of 10.4 g / dl in Cipamokolan health center. Intervention was given by giving 100 grams of Fe and sweet potato tablets daily for 4 consecutive days, giving this intervention to increase Hb levels because sweet potatoes contained 4 mg of iron. After consuming orange sweet potato, it was obtained 11gr / dl with an increase of 0.6 gr / dl and successfully adjusted with the theory. Anemia clients can have an impact on pregnant women, namely abortion, fetal death in the womb, prematurity, impact on labor, namely bleeding, placental retention, and uterine inertia. The author suggests to health workers to be able to suggest orange sweet potatoes to increase hemoglobin levels for anemic mothers, to the education authorities as documentation.

Keywords: Midwifery care, sweet potato intervention, anemia, Hemoglobin.