ABSTRAK

Anemia dalam kehamilan adalah ketika kadar haemoglobin (Hb) seorang ibu hamil kurang dari 11 gr/dl. Dan di puskesmas rancaekek tahun 2019 ibu hamil yang mengalami anemia pada bulan oktober ada 28 orang dan pada bulan November ada 18 orang dan pada bulan desember ada 29 orang. Bayam dan telur merupakan makanan yang dapat meningkatkan Hb. Tujuan dari penelitian ini memberikan asuhan kebidanan terintegrasi pada ibu hamil, bersalin, nifas dan bayi baru lahir. Penelitian ini menggunakan metode *dekriftif* dengan pendekatan asuhan *continuity of care* melalui penelaahan kasus *(case study)* sample yang di gunakan sebanyak 3 orang dengan pengambilan sample secara *purposive sampling.* Responden mengkonsumsi sayur bayam selama 2 minggu dikonsumsi 2 kali sehari menunjukan hasil Hb meningkat, namun terdapat perbedaan peningkatan kadar Hb dengan responden yang di berikan telur rebus dan responden yang hanya di berikan tablet Fe. Dari penelitian tersebut didapatkan kesimpulan bahwa terdapat peningkatan signifikan pada pemberian sayur bayam yaitu terdapat peningkatan kadar Hb sebesar 1,2 gr/dl, pada responden telur rebus terdapat kenaikan HB sebesar 0,6 dan responden yang hanya diberikan tablet tambah darah terdapat kenaikan Hb sebesar 0,4 gr/dl. Diharapkan sayur bayam, telur bisa menjadimakanan yang harus di konsumsi pada ibu hamil untuk meningakatkan Hb.

Kata Kunci : Anemia, Bayam, Ibu hamil, Telur, Zat besi.

ABSTRACT

Anemia in pregnancy is when the hemo Hb) level of a pregnant woman is less than 11 gr / dl. And in the Rancaekek Health Center in 201 were 28 pregnant women with anemia in October and in November there were 18 and in December there were 29 people. Spinach and eggs are foods that can increase Hb. The purpose of this study is to provide integrated midwifery care for pregnant, childbirth, postpartum and newborn infants. This study uses a descriptive method with continuity of care care approach through a case study of 3 samples used by purposive sampling. Respondents consuming spinach for 2 weeks consumed 2 times a day showed increased Hb results, but there were differences in increased Hb levels with respondents who were given boiled eggs and respondents who were only given Fe tablets. From thesestudies it was concluded that there was a significant increase in the provision of spinach, namely an increasein Hb levels of 1.2 gr / dl, boiled egg respondents had an increase in HB of 0.6 and respondents who were only given blood added tablets there was an increase in Hb of 0 , 4 gr / dl. It is expected that spinach can be a food that should be consumed by pregnant women to increase Hb.

Keywords: Anemia, Spinach, Pregnant Women, Eggs, Iron