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**Asuhan Kebidanan Berkesinambungan Pada Ny. W Dengan Konsumsi Jus
Jambu Biji Merah Sebagai Pendukung Penanganan Anemia Pada Ibu Hamil
Trimester III di PMB Murtinawita**

Xiv+87 Halaman+4 Tabel+1 Gambar+10 Lampiran

ABSTRAK

Anemia pada kehamilan merupakan masalah yang dapat meningkatkan risiko komplikasi pada ibu dan janin. Salah satu upaya pendukung peningkatan kadar hemoglobin adalah konsumsi jus jambu biji merah yang kaya vitamin C untuk membantu penyerapan zat besi. Tujuan asuhan ini adalah melaksanakan Asuhan Kebidanan Berkesinambungan pada Ny. W umur 34 tahun G2P1A0H1 mulai dari kehamilan, persalinan, bayi baru lahir, nifas hingga keluarga berencana di PMB Murtinawita. Metode yang digunakan adalah studi kasus dengan pendekatan Continuity of Midwifery Care. Pada kehamilan, Ny. W mengalami anemia ringan dengan kadar hemoglobin 10 g/dl dan diberikan edukasi nutrisi, kepatuhan konsumsi tablet Fe serta pendampingan jus jambu biji merah 250 ml satu kali sehari selama 7 hari. Persalinan berlangsung spontan pada usia kehamilan 38 minggu tanpa komplikasi. Bayi perempuan lahir dengan berat 3.100 gram dan panjang 48 cm, menangis kuat, tonus otot baik, serta mendapatkan IMD, vitamin K, salep mata, dan imunisasi Hb0. Masa nifas berlangsung normal dengan empat kali kunjungan dan produksi ASI lancar. Pada pelayanan KB, ibu memilih KB suntik 3 bulan. Setelah intervensi, kadar hemoglobin meningkat dari 10 g/dL menjadi 11,4 g/dl dan keluhan lemas berkurang. Kesimpulannya, asuhan kebidanan berkesinambungan dapat dilaksanakan dengan baik dan konsumsi jus jambu biji merah bersama tablet Fe dapat menjadi intervensi pendukung peningkatan kadar hemoglobin pada ibu hamil trimester III.

Kata kunci : Asuhan Kebidanan Berkesinambungan, anemia, kehamilan, persalinan, bayi baru lahir, nifas, KB suntik 3 bulan, jus jambu biji merah.

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**Continuity of Midwifery Care for Mrs. W: Red Guava Juice Consumption as
a Supportive Measure for Managing Anemia in a Third-Trimester Pregnant
Woman at PMB Murtinawita**

xiv + 87 pages + 4 tables + 1 figure + 10 appendices

ABSTRACT

Anemia during pregnancy is a condition that can increase the risk of complications for both the mother and the fetus. One strategy to help increase hemoglobin levels is the consumption of red guava juice, which is rich in vitamin C to aid in iron absorption. The objective of this care plan is to provide Continuous Midwifery Care for Mrs. W, a 34-year-old woman (G2P1A0H1), from pregnancy through labor, the newborn period, the postpartum period, and family planning at the Murtinawita Maternal and Child Health Clinic. The method used was a case study employing the Continuity of Midwifery Care approach. During pregnancy, Ms. W experienced mild anemia with a hemoglobin level of 10 g/dl and was provided with nutritional education, guidance on adherence to iron tablet intake, and support to consume 250 ml of red guava juice once daily for 7 days. Labor occurred spontaneously at 38 weeks' gestation without complications. A baby girl was born weighing 3,100 grams and measuring 48 cm in length; she cried vigorously, had good muscle tone, and received immediate skin-to-skin contact (IMD), vitamin K, eye ointment, and the HB0 immunization. The postpartum period proceeded normally with four follow-up visits, and breast milk production was unimpeded. For family planning, the mother chose the 3-month injectable contraceptive. Following the intervention, her hemoglobin level increased from 10 g/dL to 11.4 g/dL, and her complaints of weakness subsided. In conclusion, continuous midwifery care was successfully implemented, and the consumption of red guava juice combined with iron tablets can serve as a supportive intervention to increase hemoglobin levels in third-trimester pregnant women.

Keywords : Continuity of Midwifery Care, anemia, pregnancy, childbirth, newborn, postpartum, 3-month injectable contraceptive, red guava juice.

References : 33 (2022–2026)