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**Asuhan Kebidanan Berkesinambungan Pada Ny. N Dengan Pendampingan
Pemberian Tablet Zat Besi Pada Masa Kehamilan Trimester III Di
Puskesmas Pangkalan Lesung**

Xvi + 87 Halaman +2 Tabel+8 Lampiran

ABSTRAK

Angka kematian ibu dan bayi merupakan indikator utama kesehatan suatu negara. SDGs menargetkan penurunan AKI <70 per 100.000 kelahiran hidup, AKN <12 per 1.000, dan kematian balita <25 per 1.000 pada tahun 2030. Anemia pada kehamilan, khususnya trimester III, menjadi salah satu faktor risiko yang berdampak serius pada ibu dan janin. Pemberian tablet zat besi merupakan intervensi penting, namun keberhasilannya bergantung pada kepatuhan ibu. Studi ini bertujuan mengevaluasi efektivitas asuhan kebidanan berkesinambungan dengan pendampingan konsumsi tablet zat besi pada ibu hamil trimester III di Puskesmas Pangkalan Lesung (Mei–Juni 2025). Karya ilmiah ini menerapkan asuhan kebidanan berkesinambungan mulai dari trimester III kehamilan hingga pelayanan keluarga berencana, dengan fokus pada penerapan Evidence-Based Practice Midwifery (EBM) berupa pemberian Pendampingan Pemberian Tablet Zat Besi pada kehamilan trimester III. Pendampingan dilakukan pada Ny. N (28 tahun, G2P1A0), dengan kadar Hb awal 9 gr%. Setelah dua minggu, kadar Hb meningkat menjadi 11 gr%, ibu memahami manfaat tablet, dan menunjukkan kepatuhan konsumsi. Seluruh proses kehamilan hingga KB berjalan tanpa komplikasi. Hasil menunjukkan bahwa pendampingan pemberian tablet zat besi efektif dalam mencegah anemia dan mendukung keberhasilan Continuity of Care (CoC) hingga tahap kontrasepsi.

Kata Kunci: Asuhan Kebidanan Berkesinambungan, Tablet Zat Besi, Kehamilan Trimester III, *Continuity of Care*
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ABSTRACT

Maternal and infant mortality rates are key indicators of a country's health status. The Sustainable Development Goals (SDGs) aim to reduce the maternal mortality rate to below 70 per 100,000 live births, the neonatal mortality rate to below 12 per 1,000, and under-five mortality to below 25 per 1,000 by 2030. Anemia during pregnancy, particularly in the third trimester, is a significant risk factor affecting both mother and fetus. Iron tablet supplementation is a crucial intervention, but its success depends on maternal adherence. This study aims to evaluate the effectiveness of continuity of midwifery care with iron tablet consumption assistance for third-trimester pregnant women at Pangkalan Lesung Public Health Center (May–June 2025). The care applied the Evidence-Based Midwifery Practice (EBM) model, focusing on iron tablet supplementation assistance from the third trimester through to family planning services. The intervention was conducted on Mrs. N (28 years old, G2P1A0), with an initial hemoglobin level of 9 gr%. After two weeks of assistance, her Hb level increased to 11 gr%, she understood the benefits of iron tablets, and demonstrated adherence. The entire care process—from pregnancy to postpartum and contraception—proceeded without complications. The results indicate that iron tablet consumption assistance is effective in preventing anemia during the third trimester and supports the success of Continuity of Care (CoC) through to contraceptive use.

Keywords: *Continuity of midwifery care, iron tablets, third trimester pregnancy, continuity of care*

References: 24 (2018–2024)