

NARRATIVE REVIEW STUDI KADAR HEMOGLOBIN IBU HAMIL YANG MENDAPATKAN TABLET TAMBAH DARAH HARIAN DIBANDING MINGGUAN

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ABSTRAK

Wanita hamil merupakan kelompok yang rentan mengalami anemia defisiensi zat besi. Kebutuhan zat besi (Fe) masih kurang dipenuhi pada wanita hamil sehingga membutuhkan asupan tambahan berupa suplemen tablet tambah darah. Masalah kepatuhan merupakan kendala utama suplementasi harian dan karena itu suplementasi mingguan diharapkan dapat mengurangi masalah kepatuhan ini. Tujuan dari penelitian ini yaitu mengetahui perbandingan kadar hemoglobin ibu hamil yang mendapatkan tablet tambah darah harian dibanding mingguan. Metode dalam penelitian ini yaitu merupakan penelitian kepustakaan (*literature review*). Jenis *literature review* yang digunakan adalah *narrative review*. Pegumpulan data pada penelitian ini diawali dengan pencarian dan penggalian dari literatur elektronik yang diperoleh dari database *PubMed*, *Google Scholar* dan *Science Direct* dengan menggunakan kata kunci *Pregnancy AND Iron Supplementation AND Daily AND Weekly AND Hemoglobin* dan diperoleh 5 jurnal sebagai bahan kajian. Hasil dari kelima jurnal yang dikaji tersebut seluruhnya menunjukkan peningkatan kadar hemoglobin yang lebih baik pada kelompok yang mendapatkan tablet tambah darah harian dibandingkan dengan pemberian 1-3 kali seminggu. Jurnal yang dikaji berasal dari Negara India, Bangladesh, Iran dan Pakistan. Berdasarkan hasil kajian *narrative review* dapat disimpulkan kadar hemoglobin ibu hamil yang awalnya anemia dan mendapatkan tablet tambah darah harian lebih banyak yang mencapai rentang normal dibandingkan pemberian mingguan. Sedangkan kadar hemoglobin ibu hamil yang tidak anemia dan mendapatkan tablet tambah darah harian atau mingguan tetap dalam rentang normal.

Kata Kunci: Kehamilan, Tablet Tambah Darah, Harian, Mingguan, Hemoglobin

NARRATIVE REVIEW COMPARATIVE STUDY OF HEMOGLOBIN LEVELS OF PREGNANT WOMEN WHO GET DAILY OR WEEKLY IRON TABLETS

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ABSTRACT

Pregnant women are a group prone iron deficiency anemia. The requirement of iron (Fe) supplementation is still unfulfilled in pregnant women, so it requires iron tablets supplementation. Adherence problem is a major obstacle to daily supplementation and therefore weekly supplementation is expected to reduce this adherence problem. The purpose of this study was to determine the ratio of hemoglobin levels of pregnant women who received daily versus weekly bood supplementation tablets. The method used in this research was literature review. The type of literature review used was narrative review. Data collection in this study begins with a abstract retrieval from the PubMed, Google Scholar and Science Direct database using the keyword Pregnancy AND Iron Supplementation AND Daily AND Weekly AND Hemoglobin. The result of the five journal reviewed all showed a better increase in hemoglobin levels in the group that received daily iron tablets supplementation compared to the one to three times weekly administration. The journal reviewed were originally from India, Bangladesh, Iran and Pakistan. Based on the result of the narrative review, it could be concluded that hemoglobin levels of pregnant women who were initially anemic and received daily iron tablet supplementation could reach the normal range than weekly iron tablet supplementation group. Meanwhile, hemoglobin levels for pregnant women who were previously not anemic and receive daily as well as weekly iron tablet supplementation remain within the normal ranges.

Keyword: *Pregnancy, Iron Supplementation, Daily, Weekly, Hemoglobin*