

**NARRATIVE REVIEW**  
**STUDI KADAR HEMOGLOBIN PADA IBU HAMIL**  
**YANG MENDAPATKAN TABLET TAMBAH DARAH DI PUSKESMAS**

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**ABSTRAK**

Kejadian anemia pada ibu hamil di Indonesia pada tahun 2013 sebesar 37,1% dan meningkat pada tahun 2018 sebesar 48,9%, walaupun ibu hamil telah diberi tablet tambah darah melalui Pusat Kesehatan Masyarakat (Puskesmas). Hal ini karena kepatuhan minum tablet tambah darah kurang optimal, dan status besi wanita usia subur sebelum hamil sangat rendah. Pada penggunaan tablet tambah darah terdapat perubahan kadar hemoglobin pada ibu hamil yang mengonsumsi tablet tambah darah, oleh karena itu penelitian ini dilakukan untuk menganalisis kejadian anemia pada ibu hamil dengan metode *narrative review* studi kadar hemoglobin pada ibu hamil yang mendapatkan tablet tambah darah di Puskesmas. Desain penelitian yang digunakan yaitu *literature review* dengan jenis penelitian secara *narrative review*. Pengumpulan data dilakukan dengan dokumentasi diawali pencarian literatur terkait studi kadar hemoglobin ibu hamil yang mendapatkan tablet tambah darah di Puskesmas. Penelitian ini menggunakan 5 artikel. Hasil penelitian ini menunjukkan separuh dari ibu hamil trimester I mengalami anemia, ibu hamil trimester II dan III lebih dari separuh mengalami anemia dan separuh dari ibu hamil yang patuh mengonsumsi tablet Fe sebagian besar 39,5%-85,7% memiliki kadar hemoglobin yang normal atau tidak anemia  $\geq 11$  g% sebesar 39,5%-85,7%. Berdasarkan penelitian ini dapat disimpulkan bahwa persentase ibu hamil yang mengalami anemia masih tinggi, separuh ibu hamil tetap mengalami anemia dan separuh dari ibu hamil yang patuh mengonsumsi tablet Fe memiliki kadar hemoglobin yang normal atau tidak anemia  $\geq 11$  g%, berdasarkan pengukuran kadar hemoglobin sebelum dan setelah pemberian tablet tambah darah, terdapat ibu hamil yang anemia dan ibu hamil yang tidak anemia.

**Kata kunci:** Anemia, Tablet Fe, Trimester, Puskesmas, Kepatuhan

**NARRATIVE REVIEW**  
**STUDY OF HEMOGLOBIN LEVEL IN PREGNANT WOMEN**  
**WHO GET IRON TABLETS SUPPLEMENTATION AT PUSKESMAS**

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**ABSTRACT**

*Incidence of anemia among pregnant women in Indonesia is still high, despite of national program to prevent maternal anemia by giving iron tablet supplementation. This is due to adherence in taking iron tablet supplementation is less than optimal, and the iron status of women of childbearing age before getting pregnant is very low. Iron tablet supplementation indeed increased in hemoglobin levels among pregnant women with high complaint on iron tablet supplementation. This narrative review study was conducted to analyze articles the incidence of anemia in pregnant women reflected in hemoglobin levels in pregnant women whose taking iron tablet supplementation at the Puskesmas. The method used in this research was literature review, the type of literature review used was narrative review. Data collection was carried out with documentation, through literature search in Google Scholar database search engine; with PICO system related to the study of hemoglobin levels for pregnant women who received iron tablet supplementation at the Puskesmas. The searching strategy came up with 5 articles. The results of this study showed that half of pregnant women in the first trimesters had anemia, more than half of pregnant women in the second and third trimesters had anemia and half of the pregnant women who adhered to consuming Fe tablets, most of 39,5%-85,7% had normal hemoglobin levels or not anemia  $\geq 11$  g% amounted to 39,5%-85,7%. Based on the result, it could be concluded that the percentage of pregnant women with anemia is still high, half of pregnant women still experienced anemia despite of iron tablet supplementation, and half of pregnant women who strictly adhered to consuming iron tablets had normal or non-anemic hemoglobin levels  $\geq 11$  g%.*

**Keywords:** *Anemia, Iron Tablets, Trimesters, Puskesmas, Compliance*