

THE EFFECT OF IRON TABLETS ON INCREASING HEMOGLOBIN IN PREGNANT WOMEN

Nuril Aulia Agustina, Ibnu Fajar SKM., M.Kes, Tapriadi SKM, M.Pd

Abstract

Background: pregnant women with anemia are still a nutritional problem in Indonesia. According to Riskedas 2018, the prevalence of anemia in pregnant women increased to 48.9%. During pregnancy, the mother experiences a high need for iron, one of which is iron. Iron intake plays an important role in increasing hemoglobin levels. This study aims to determine the effect of giving iron tablets to increase hemoglobin in pregnant women.

Methods: a study conducted by examining the effect of iron tablets on increasing hemoglobin levels in pregnant women, using 10 reputable and accredited journals. The journals used are databases, the journal of nutrition, national, library of medicine, PubMed, PMC, Neliti, Google scholar in the form of articles or journals from 2011-2021.

Results: that there is an effect of giving iron tablets to increase hemoglobin levels in pregnant women, the average increase is 11.44 g/dL or in percent 11.5%, if more detailed the lowest is 10.7 g/dL and the highest is 12.59 g/dL. However, if according to the guidelines, 60 mg/day of iron can increase Hb levels by 1 g%/month. The duration of administration of iron tablets is also a factor in increasing the value of hemoglobin levels. However, there are differences from the 10 reviewed journals, there are 4 research journals which show that increasing hemoglobin levels will be more effective by providing additional other nutrients, such as vitamin C because it can help iron absorption.

Conclusion: there is an effect of giving iron tablets to increase hemoglobin levels in pregnant women.

Keywords: iron tablets, increased hemoglobin levels, pregnant women

