

## **ABSTRACT**

Anggelina Setyo Cahyaningati (2025). *Case Study of Midwifery Care for Pregnant Women with Mild Anemia at Tajinan Public Health Center, Malang Regency. Scientific Paper Case Study, Diploma III Midwifery Study Program, Department of Midwifery, Poltekkes Kemenkes Malang. Supervisor: Retno Dumilah, S.ST., M.Keb*

*Anemia is a condition in which the hemoglobin (Hb) level in the blood is below the normal range. According to the World Health Organization (WHO), in 2020, approximately 36.5% of pregnant women worldwide experienced anemia. This prevalence is higher in developing countries, ranging from 35% to 75%, compared to about 18% in developed countries. In Malang Regency, the prevalence of anemia among pregnant women in 2024 was recorded at 15.6%. This study aims to provide midwifery care to pregnant women with mild anemia based on midwifery management theory using the documentation of the 7 Varney Steps. The study design is a descriptive exploratory case study that provides an in-depth description of midwifery care in mild anemia cases. The care was carried out over two weeks with one initial assessment and three follow-up visits. Interventions included health education about anemia, the importance of taking iron supplements, recommended and restricted foods for anemia, dietary and nutritional management, and rest patterns. Results showed a reduction in complaints such as dizziness and fatigue during the second visit, and by the third visit, the symptoms had disappeared. Hemoglobin levels increased from 10.0 g/dL to 13.2 g/dL, and the previously pale conjunctiva returned to normal. It is expected that healthcare providers deliver midwifery care in accordance with established standards for pregnant women with mild anemia.*

**Keywords:** *Midwifery Care, Pregnancy, Mild Anemia, Iron Supplements*