

ABSTRACT

Apta Regina Tungga Reswara. (2025). *A Case Study of Midwifery Care for a Second Trimester Pregnant Woman with Chronic Energy Deficiency (CED) and Mild Anemia at Tajinan Public Health Center, Malang Regency. Case Study Scientific Paper. Diploma III Midwifery Study Program, Department of Midwifery, Health Polytechnic of the Ministry of Health, Malang. Supervisor: Ita Yuliani, SST., M.Keb.*

Chronic Energy Deficiency (CED) and mild anemia are two conditions that frequently occur simultaneously in pregnant women due to inadequate intake of macro and micronutrients, significantly affecting both maternal and fetal health. Based on data from the Tajinan Community Health Center (Puskesmas Tajinan) in Malang Regency, 43 pregnant women attended antenatal care (ANC) visits in February and March. Among these, the prevalence of anemia in February was approximately 27.91%, which decreased to 25.58% in March. Additionally, around 11.63% of the pregnant women experiencing anemia were also diagnosed with Chronic Energy Deficiency (CED). This study aims to describe midwifery care for second-trimester pregnant women with CED and mild anemia using the 7-step Varney management approach. The research method used is a descriptive case study, with data collected through interviews, observation, physical examination, laboratory tests, and documentation review. The interventions provided included nutritional education, administration of iron supplements (TTD), regular monitoring of nutritional status, and recommendations to increase intake of vitamin C, iron, and protein. The results of the study showed an improvement in the knowledge and health status of the pregnant women. This midwifery care approach is expected to serve as a reference for managing similar cases and contribute to reducing the prevalence of CED and anemia among pregnant women.

Keywords: *Mild anemia, pregnant women, second trimester, Chronic Energy Deficiency.*