

ABSTRACT

Aulia Safira (2025). *Midwifery Care for Pregnant Women with Mild Anemia*. Scientific Paper Case Study. DIII Midwifery Study Program Malang. Department of Midwifery. Health Polytechnic of the Ministry of Health Malang. Supervisor: Suprapti, S.ST., M.Kes.

Anemia in pregnancy is a common health problem that may adversely affect fetal growth and the delivery process. This case study aims to describe the condition of a pregnant woman with mild anemia based on clinical data, hemoglobin levels, and the interventions provided by healthcare professionals. A descriptive case study was conducted on a third-trimester primigravida (G1P0000Ab000) at 37–38 weeks of gestation, cephalic presentation, who attended antenatal care at TPMB Nukiana Ikawati, Kepuharjo Karangploso. Data were collected through anamnesis, observation, physical examination, hemoglobin measurement, and documentation in the maternal and child health (MCH) handbook. The findings revealed that the mother experienced mild anemia with a hemoglobin level of 10.0 g/dL, accompanied by complaints of dizziness, fatigue, and decreased appetite. The interventions included iron supplementation (TTD) at a dosage 2 x 60mg per day, nutritional education focusing on iron-rich foods such as 100 g of red dragon fruit and 100 g of dates per day, as well as follow-up monitoring of hemoglobin levels. This case study highlights that appropriate administration of iron tablets (TTD) and continuous education are crucial in managing anemia in pregnant women to prevent complications during pregnancy and delivery.

Keywords: *pregnancy, mild anemia, iron supplementation (TTD), nutritional counseling, red dragon fruit, dates.*