

ABSTRACT

Della Fanessa (2025). *Midwifery Care for Mrs. L, 27 Years Old, GIP0000Ab000, 25–26 Weeks of Gestation, Cephalic Presentation with Mild Anemia at Tajinan Community Health Center, Malang Regency. Case Study Scientific Paper. Diploma III Midwifery Study Program, Department of Midwifery, Health Polytechnic of the Ministry of Health Malang. Advisor: Endah Kamila M.,SST.,M.Keb.*

Anemia during pregnancy is a common health issue that contributes to 20-40% of maternal deaths worldwide each year. In the second trimester, mild anemia is defined as a hemoglobin (Hb) level of < 10.5 g/dL. This study aims to describe the midwifery care provided to pregnant women with mild anemia using the 7-step Varney management approach at Puskesmas Tajinan, Malang Regency. The study used a descriptive case study method, collecting data through interviews, observations, physical examinations, and laboratory tests. The care was conducted over two weeks, including one initial assessment and three follow-up visits. The interventions included Hb testing at the beginning and end of care, monitoring iron supplementation consumption (TTD), education about anemia and its management, improving dietary habits with iron-rich foods, and recommending increased intake of vitamin C to enhance iron absorption. The results showed improvements in the symptoms experienced by the mother, as well as an increase in Hb levels from 10 g/dL to 14.1 g/dL. The study concluded that consuming iron supplements along with vitamin C from citrus fruits can enhance iron absorption, particularly non-heme iron. It is hoped that healthcare providers, especially midwives, can guide pregnant women with mild anemia to consume iron supplements together with vitamin C from fruits such as oranges.

Keywords: *Anemia education, vitamin C, Hb testing*