

ABSTRACT

Resma Putri Bahari (2025). Midwifery Care for Mrs. N 18 Years Old G₁P₀₀₀₀Ab₀₀₀ GA 31-32 Weeks with Chronic Energy Deficiency (CED) at Puskesmas Jabung, Malang Regency. Scientific Paper Case Study. DIII Midwifery Study Program Malang. Department of Midwifery. Health Polytechnic of the Ministry of Health Malang. Supervisor Ika Yudianti, SST., M. Keb

Chronic Energy Deficiency (CED) in pregnant women is one of the nutritional problems that is still often found in primary health care and can have an impact on fetal growth and the delivery process. The writing of this case study aims to describe the condition of pregnant women with Chronic Energy Deficiency based on clinical data, nutritional status, and interventions provided by health workers. The method used is a descriptive case study on a third trimester pregnant woman who conducts pregnancy checks at the Jabung Health Center. Data collection was done through interviews, observation, and physical examination, including measurement of mid-upper arm circumference (MUAC), fundus uteri height, and hemoglobin status. The assessment results showed that the mother had Chronic Energy Deficiency (LILA 22.3 cm), with decreased appetite and a uterine fundal height of 24 cm, which was inconsistent with the gestational age. Interventions included nutritional education, provision of local supplementary food (PMT), and regular monitoring of food intake and fetal growth. This case study shows that the right nutritional approach and ongoing education contributed to a weight gain of 1.35 kg and a 0.6 cm increase in MUAC of 0,6 cm, making them important strategies in managing KEK to prevent pregnancy and childbirth complications.

Keywords : Chronic Energy Deficiency (CED), local supplementary feeding, mid-upper arm circumference (MUAC)