

ABSTRACT

Shevina Jeni Shelia (2025). *Midwifery Care for Pregnant Women with Chronic Energy Deficiency at Ardimulyo Public Health Center*. Scientific Case Study Report. Diploma III Midwifery Program, Department of Midwifery, Poltekkes Kemenkes Malang. Supervisor: Suprapti, S.ST., M.Kes.

Chronic Energy Deficiency (CED) in pregnant women is a nutritional problem that significantly impacts maternal and fetal health, increasing the risk of anemia, low birth weight (LBW), and pregnancy complications. This case study aims to provide a comprehensive overview of midwifery care for pregnant women with CED at Ardimulyo Public Health Center. The method used is a case study with a 7-step Varney midwifery management approach, including assessment, data analysis, planning, implementation, and evaluation. The subject was Mrs. S, G3P2A0, with a gestational age of 29–30 weeks, mid-upper arm circumference <23.5 cm, and body weight below the standard. Interventions were carried out over 14 days, including nutrition education, local supplementary feeding (PMT), dietary schedule arrangement, and motivational support. The results showed a weight gain of 2,1 kg, improved appetite, and adherence to consuming nutritious foods and iron tablets. In conclusion, appropriate midwifery care can improve the nutritional status of pregnant women with CED. It is recommended that antenatal care services emphasize regular nutritional monitoring and continuous education to prevent long-term complications.

Keywords: Chronic Energy Deficiency, Pregnant Women, Midwifery Care,