

ABSTRACT

Permata Saka Pertiwi (2025). *Midwifery Care for Pregnant Women with Anemia at the Pandanmulyo Village Maternity Post, Tajinan District, Malang Regency. Case Study Scientific Paper. Diploma III Midwifery Study Program, Department of Midwifery, Malang. Health Polytechnic of the Ministry of Health, Malang. Supervisor: Duhita Dyah A., S.Keb., Bd., M.Kes.*

Anemia in this case study was caused by the subject's lack of knowledge regarding anemia, nutritional needs, and the importance of iron–folic acid (IFA) supplementation. The aim of this case study was to provide midwifery care for a pregnant woman with anemia at the Pandanmulyo Village Maternity Post, Tajinan District. Data collection techniques included interviews, observations, physical examinations, laboratory tests, and documentation.

The subject was a second-trimester pregnant woman with mild anemia (Hb 9.7 g/dL) and inadequate weight gain (<0.5 kg per checkup). Interventions (Septiyaningsih et al., 2020) included providing nutrition education, monitoring the consumption of nutritious food, ensuring regular intake of IFA tablets, and increasing the woman's knowledge about anemia. Evaluation showed an increase in hemoglobin level from 9.7 to 12.8 g/dL and an improvement in knowledge regarding the importance of nutrition and IFA intake, as evidenced by an increase in test scores from 63 (pretest) to 93 (posttest).

This study highlights the importance of early detection, continuous education, and routine monitoring to prevent complications due to anemia during pregnancy. The pregnant woman's knowledge of anemia and nutrition served as the foundation for the care provided, ensuring that the care met her needs and resulted in successful outcomes.

Keywords: anemia, pregnant women, midwifery care, iron–folic acid supplementation, pregnancy nutrition