

ABSTRAK

Asuhan Keperawatan Pada Ny.I Usia Kehamilan 27 Minggu Dengan Intervensi Telenursing Whader “*Whatsaap Reminder*” dan Paket Sayang terhadap Kepatuhan Mengkonsumsi Tablet Besi Di Puskesmas Arjuno Kota Malang. Ratih Citra Maharani (2025) Laporan Karya Ilmiah Akhir Ners, Pendidikan Profesi Ners, Program Studi Keperawatan Malang Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang, Pembimbing Ibu Dr. Lumastari Ajeng W.,S.Kp.,M.Kep.

Program suplementasi tablet besi pada ibu hamil masih belum menemukan titik terang dalam pengentasan anemia ibu hamil di Indonesia. Hal ini dikarenakan kurangnya kepatuhan ibu hamil dalam mengkonsumsi tablet besi. Tujuan penulisan karya ilmiah ini untuk mengetahui Asuhan Keperawatan pada Ny.I Usia Kehamilan 27 Minggu dengan Intervensi Telenursing Whader “*Whatsaap Reminder*” dan Paket Sayang Terhadap Kepatuhan Mengkonsumsi Tablet Besi di Puskesmas Arjuno Kota Malang. Metode yang digunakan adalah studi kasus. Hasil pengkajian ditemukan badan terasa lemas dan mudah lelah saat melakukan aktivitas selama 7 hari pada usia kehamilan 27 minggu dan ditegakkan 3 diagnosa keperawatan yang meliputi defisit nutrisi, ketidakpatuhan, dan defisit pengetahuan. Selanjutnya diberikan intervensi selama 30 hari dimulai dari 4 Februari – 5 Maret 2025 dengan pemberian intervensi penulis memberikan inovasi intervensi dengan pemberian telenursing *whatsaap reminder* dan paket sayang. Kesimpulan yang didapatkan yaitu terdapat peningkatan kadar hemoglobin Ny. I yang sebelumnya 8,8 g/ dl (anemia sedang) menjadi 12,7 g/dl (tidak anemia), peningkatan kepatuhan yang dibuktikan dengan hasil kusioner MMAS – 8 pre-test 1,28 (tingkat kepatuhan rendah) dan hasil post test skor 8 (tingkt kepatuhan tinggi), selain itu terdapat peningkatan berat badan 55 kg menjadi 57 kg dengan UK 28 minggu, TFU : 25 cm (1/3 diatas pusat). Masalah keperawatan semua teratasi akan tetapi penulis menyarankan pasien untuk tetap melanjutkan intervensi secara mandiri seperti tetap megkonsumsi tablet besi, kontrol rutin di puskesmas, dan tetap mematuhi program isi piringku ibu hamil.

Kata Kunci : Ibu Hamil, Telenursing, Whatsapp Reminder, Paket Sayang, Kepatuhan

ABSTRACT

Nursing Care for Mrs. I at 27 Weeks of Pregnancy with Telenursing Intervention Whader "Whatsaap Reminder" and Sayang Package on Compliance in Consuming Iron Tablets at Arjuno Health Center, Malang City. Ratih Citra Maharani (2025) Final Scientific Paper Report for Nursing, Nursing Professional Education, Malang Nursing Study Program, Nursing Department, Health Polytechnic, Ministry of Health, Malang, Supervisor: Mrs. Dr. Lumastari Ajeng W., S.Kp., M.Kep.

The iron tablet supplementation program for pregnant women has not yet found a bright spot in eradicating anemia in pregnant women in Indonesia. This is due to the lack of compliance of pregnant women in consuming iron tablets. The purpose of writing this scientific paper is to determine Nursing Care for Mrs. I at 27 Weeks of Pregnancy with Telenursing Whader Intervention "Whatsaap Reminder" and the Dear Package on Compliance in Consuming Iron Tablets at the Arjuno Health Center, Malang City. The method used is a case study. The results of the assessment found that the body felt weak and tired easily when doing activities for 7 days at 27 weeks of pregnancy and 3 nursing diagnoses were established including nutritional deficits, non-compliance, and knowledge deficits. Furthermore, an intervention was given for 30 days starting from February 4 - March 5, 2025 by providing intervention, the author provided an intervention innovation by providing telenursing whatsapp reminders and the dear package. The conclusion obtained was that there was an increase in Mrs. I's hemoglobin levels. I which was previously 8.8 g/dl (moderate anemia) became 12.7 g/dl (not anemia), increased compliance as evidenced by the results of the MMAS-8 pre-test questionnaire 1.28 (low compliance level) and the results of the post-test score 8 (high compliance level), in addition there was an increase in body weight of 55 kg to 57 kg with UK 28 weeks, TFU: 25 cm (1/3 above the center). All nursing problems were resolved, but the author advised the patient to continue the intervention independently such as continuing to consume iron tablets, routine checks at the health center, and continuing to comply with the pregnant mother's plate program.

Keywords: *Pregnant Women, Telenursing, Whatssap Reminder, Sayang Package, Compliance*