

ABSTRAK

Abstrak
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Analisis Kepatuhan Konsumsi Tablet Fe dengan Masalah Keperawatan Risiko Perfusi Perifer Tidak Efektif pada Ibu Hamil di Puskesmas Umbulsari

Abstrak

Pendahuluan: Anemia pada kehamilan merupakan masalah kesehatan global yang masih tinggi, terutama anemia defisiensi zat besi (Fe). Salah satu dampaknya adalah risiko perfusi jaringan perifer tidak efektif, yang dapat mempengaruhi kesehatan ibu dan janin. Pemerintah telah menjalankan program pemberian tablet Fe untuk mencegah anemia, namun keberhasilan program ini sangat bergantung pada tingkat kepatuhan ibu hamil dalam mengonsumsinya. Penelitian ini bertujuan menganalisis kepatuhan konsumsi tablet Fe dengan masalah keperawatan risiko perfusi perifer tidak efektif pada ibu hamil di Puskesmas Umbulsari. **Metode:** Penelitian ini menggunakan desain studi kasus deskriptif pada tiga ibu hamil trimester pertama dengan kadar hemoglobin rendah. Data dikumpulkan melalui wawancara, observasi, dan pemeriksaan fisik seperti CRT, kadar Hb, serta keluhan klinis. Analisis data dilakukan dengan pendekatan proses keperawatan mencakup pengkajian, diagnosis, intervensi, implementasi, dan evaluasi berdasarkan SDKI. **Hasil:** Hasil menunjukkan perbedaan tingkat kepatuhan konsumsi tablet Fe berpengaruh terhadap status perfusi jaringan perifer. Klien yang sangat patuh menunjukkan peningkatan kadar Hb menjadi normal (>12 g/dL), CRT <2 detik, serta berkurangnya keluhan seperti lelah dan pucat. Klien dengan kepatuhan rendah menunjukkan perbaikan yang lambat dan keluhan masih muncul. **Kesimpulan:** Kepatuhan konsumsi tablet Fe berkontribusi signifikan terhadap pencegahan risiko perfusi jaringan perifer tidak efektif. Diperlukan edukasi berkelanjutan, pemantauan intensif, dan dukungan keluarga untuk meningkatkan kepatuhan ibu hamil dalam mengonsumsi tablet Fe.

Kata kunci: Tablet Fe, anemia kehamilan, kepatuhan, perfusi jaringan perifer, keperawatan maternitas

ABSTRACT

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Analysis Of Iron Tablet Consumption Compliance In Relation To The Nursing Problem Of Ineffective Peripheral Tissue Perfusion In Pregnant Women In The Working Of Umbulsari Public Health Center

Abstract

Background: Anemia during pregnancy remains a significant global health issue, particularly iron deficiency anemia, which can lead to the nursing problem of ineffective peripheral tissue perfusion. One of the main strategies to address this issue is the routine administration of iron (Fe) tablets to pregnant women. However, the effectiveness of this intervention greatly depends on the mother's adherence to the supplementation regimen. This study aimed to analyze the adherence to Fe tablet consumption in relation to the nursing problem of ineffective peripheral perfusion among pregnant women in the working area of Umbulsari Public Health Center. **Methods:** This descriptive case study involved three pregnant women in their first trimester with low hemoglobin levels. Data were collected through interviews, observations, and physical assessments including capillary refill time (CRT), hemoglobin levels, and clinical symptoms. The data were analyzed using the nursing process approach—assessment, diagnosis, intervention, implementation, and evaluation—guided by the Indonesian Nursing Diagnosis Standard (SDKI). **Results:** Findings showed that varying levels of adherence to Fe tablet consumption affected the risk of peripheral perfusion problems. Highly adherent patients showed significant improvements in hemoglobin levels (≥ 12 g/dL), CRT (< 2 seconds), and a reduction in fatigue and pallor. Meanwhile, those with low adherence had slower recovery and persistent clinical symptoms. **Conclusion:** Adherence to Fe tablet consumption plays a critical role in preventing ineffective peripheral tissue perfusion in pregnant women with anemia. Continuous education, routine monitoring, and family support are essential to improve adherence and promote maternal health outcomes.

Keywords: Iron tablets, pregnancy anemia, adherence, peripheral perfusion, maternal nursing care