

ASUHAN KEBIDANAN Ny. L P₁A₀ UMUR 19 TAHUN IBU NIFAS DENGAN
KEKURANGAN ENERGI KRONIK (KEK) DI PUSKESMAS KEMBANG KECAMATAN
KEMBANG
KABUPATEN JEPARA

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ABSTRAK

Latar Belakang: Berdasarkan data dari Dinas Kesehatan Kabupaten Jepara terdapat jumlah Ibu nifas normal yang diperiksa 1.079 orang. Dari 1.079 ibu nifas terdapat 238 ibu nifas dengan LILA kurang dari 23, 5 cm. Sedangkan ibu nifas yang mengalami KEK sekitar 22,1 % (Dinkes jepara, 2016). Di Puskesmas Kembang jumlah ibu nifas yang mengalami KEK mulai bulan Januari sampai Desember tahun 2018 tercatat 5 orang dari 171 ibu nifas.

Metode pengumpulan data: Menggunakan metode studi kasus, , subyek studi kasus Ny. L, P₁A₀ umur 19 tahun, Ibu nifas dengan Kekurangan Energi Kronik (KEK) , waktu studi kasus tanggal 01 Maret sampai 22 Maret 2019, teknik pengumpulan data menggunakan data primer meliputi pemeriksaan fisik (inspeksi, palpasi, perkusi, auskultasi), wawancara dan observasi serta data sekunder meliputi studi dokumentasi dan tуди keustakaan.

Hasil: Setelah dilakukan Asuhan Kebidanan selama lebih dari 1 bulan atau 4 minggu didapatkan keadaan umum ibu : baik, ibu mengerti tentang gizi yang dibutuhkan, ibu bersedia mengkosumsi sayuran hijau, ibu bersedia mengikuti progam KB dan ibu memilih KB suntik 3 bulan .dan ibu bersedia memeriksakan secara teratur.

Kesimpulan: Pada semua langkah yang telah dilakukan, penulis tidak menemukan kesenjangan antara teori dan pelaksanaan dilahan praktek. Rencana tindakan pada Ny. L adalah sesuai dengan kebutuhan pasien, yaitu meningkatkan konsumsi makanan bergizi. Pelaksanaan pada ibu nifas dengan KEK

Kata Kunci : Asuhan kebidanan, Ibu nifas, Kekurangan Energi Kronik (KEK)

Daftar Pustaka : 17 (2006 – 2019)

- 1) Mahasiswa DIII Kebidanan
- 2) Pembimbing DIII kebidanan

PRIVATE VOCATIONAL SCHOOL, Mrs. L P₁ A₀ AGE 19 YEARS OF PREGNANCY MOTHER WITH
CHRONIC ENERGY DEFICIENCY (CED) IN KEMBANG PUSKESMAS
SUB-DISTRICT KEMBANG
JEPARA DISTRICT

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ABSTRACT

Background: Based on data from the Jepara District Health Office there were a number of normal postpartum mothers examined 1,079 people. Of the 1,079 postpartum women there were 238 postpartum mothers with LILA of less than 23.5 cm. While postpartum mothers who experienced SEZ were around 22.1% (Jepara District Health Office, 2016). In the Kembang Health Center the number of postpartum mothers who experienced CED from January to December 2018 recorded 5 people from 171 postpartum mothers. Chronic energy deficiency is WUS with a LILA threshold of <23.5 cm and is at risk of giving birth to babies with low birth weight, premature babies, congenital defects

Data collection methods: Using case study methods, case study subjects Ny. L, P₁ A₀ aged 19 years, Postpartum mother with Chronic Energy Deficiency (CED), during case studies March 1 to March 22 2019, data collection techniques using primary data include physical examination (inspection, palpation, percussion, auscultation), interviews and Secondary observations and data include study documentation and literature study. The care that is carried out must be properly recorded, simple, clear, logical so that there is a need for documentation methods

Result and Discussion: After midwifery care for more than 1 month or 4 weeks the general condition of the mother is obtained: good, the mother understands the nutrition needed, the mother is willing to consume green vegetables, the mother is willing to follow the KB program and the mother chooses 3 months injection KB.

Conclusion: In all the steps that have been taken, the author does not find a gap between the theory and implementation of the practice area. Action plan for Mrs. L is in accordance with the needs of patients, namely increasing consumption of nutritious foods. Implementation of postpartum mothers with CED

Keywords: Midwifery care, postpartum mother, chronic energy deficiency (CED)
Bibliography: 17 (2006 - 2019)

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