

## Education to Prevent Anemia in Pregnancy

Eka Sarofah Ningsih<sup>1\*</sup>, Kustini<sup>2</sup>, Shelin Elsza Putri<sup>3</sup>

<sup>1,2,3</sup> Program Studi Kebidanan, Universitas Islam Lamongan, Indonesia

\*Corresponding author: [ekasnhp@gmail.com](mailto:ekasnhp@gmail.com)

### ABSTRAK

Anemia in pregnant women can increase the risk of maternal and infant mortality. Pregnant women really need tablets to increase blood (iron) to avoid anemia. Prevention of anemia in pregnancy starts from adolescence and when it is declared pregnant by consuming iron and folic acid supplements. People who have the potential to experience anemia are women. Educational activities for the prevention of pregnancy anemia were held on Sunday, July 17, 2022 at the RT Kembangan Regency Gresik hall which was attended by cadres, local residents, and pregnant women. The method used is providing counseling, handouts, picture and video slides and questions and answers about anemia. After this counseling, it is hoped that all pregnant women will understand about preventing anemia in pregnancy and how to prevent it.

**Keywords:** anemia, education, pregnant women

Received: July 8, 2022

Revised: August 11, 2022

Accepted: September 12, 2022



This is an open-access article distributed under the terms of the Creative Commons Attribution-ShareAlike 4.0 International License

### INTRODUCTION

The problem of anemia is one of the health problems of women. Anemia is a condition that indicates that circulating erythrocytes and hemoglobin do not fulfill their function to provide oxygen and carry nutrients to tissues.

One of the government programs in overcoming anemia in pregnant women is iron and folic acid supplementation. In addition, other programs have also been carried out, such as improving maternal and child health and improving nutrition programs. One way that can be done from improving nutrition is preventive activities by maintaining food intake.

Participants in this community service are cadres, local residents and pregnant women. The target participants are pregnant women and prospective pregnant women because mothers have the potential for anemia. The purpose of this community service is to increase the knowledge of service participants about preventing anemia in pregnancy and how to handle anemia in pregnancy.

### METHODS

Implementation of counseling to the community through lectures and educational consultations as well as questions and answers about the prevention of anemia in pregnancy. The targets in the counseling are cadres, local residents, and pregnant women.

The steps in service activities are as follows :

1. Preparation and Briefing Materials. Making counseling proposals based on the results of research that has been carried out, among others: Applying for extension permits to partners, Coordinating with the person in charge of the partner's place where the counseling will be carried out, Making a list of counseling provided, Making slides/powerpoints, banners and leaflets, Organizing the

room, and carrying out counseling

2. Implementation of Activities

In its implementation, this activity is carried out in several stages, including: Preparation of proposals for community service, implementation of community service activities, preparation of reports on the results of community service activities.

3. Evaluation of activities

Conduct evaluations by asking random questions to extension participants.

4. Reporting

Compilation of reports on the results of community service activities and the output of follow-up reports.

## RESULTS

The implementation of educational activities for the prevention of pregnancy anemia was carried out on Sunday, July 17, 2022, at the RT Kembangan Regency Gresik hall with the target group of pregnant women and prospective young mothers, which was attended by cadres, local residents and pregnant women. Enthusiastic participants were very enthusiastic about receiving knowledge about the prevention of anemia in pregnancy which was followed from the beginning to the end of the question and answer session. With the following results: (a) Increasing knowledge and understanding of pregnant women about the prevention of anemia in pregnancy, (b) Increasing knowledge of pregnant women about the causes, impacts and methods of prevention, (c) Increasing knowledge of cadres about preventing anemia in pregnancy so that cadres can provide training to the community on the prevention of anemia in pregnancy.

## DISCUSSION

Before the activity was carried out, we started by asking questions about the definition of anemia and the consequences of anemia in pregnancy, the result was that few participants knew about anemia in pregnancy. So that an educational program of counseling and implementation is carried out directly to the community by collecting groups of pregnant women with the results of being able to prevent anemia in pregnancy. The activity went according to plan, the participants were active in the activity, active question and answer by the activity participants.

## CONCLUSION

From a simple evaluation conducted by the counseling team, it was found that 95% of participants understood the material that had been delivered including the definition, causes, symptoms, treatment and ways to prevent anemia in pregnancy.

## REFERENCES

- H. W dan H. A.S., Buku Ajar Asuhan Keperawatan pada Klien dengan Gangguan Sistem Hematologi. Jakarta: Salemba Medika, 2010.
- Kemenkes RI. (2013) Hasil Utama Riset Kesehatan Dasar (RISKESDAS). Jakarta: Kementerian Kesehatan.
- Kemenkes RI. (2018) Penyajian Pokok-Pokok Hasil Riset Kesehatan Dasar 2018. Jakarta: Kementerian Kesehatan.
- Ozdmir N. Iron deficiency anemia from diagnosis to treatment in children. *Türk Pediatri Arşivi*. 2015;50(1):11–9. <https://doi.org/10.5152/tpa.2015.2337>.
- Nadimin. (2018) Pengaruh Kebiasaan Konsumsi Sayur , Buah dan Perokok Pasif terhadap Kapasitas Antioksidan Total Ibu Hamil. *J MKMI*. 14(2).
- R. Y. Astutik dan D. Ertiana, Anemia dalam Kehamilan. Jember: Pustaka Abadi, 2018.