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Preventive Action for Anemia with Education for Pregnant Women in Kesambe Lama Village, East Curup District

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Abstract. Anemia is a condition when the number of red blood cells or the concentration of oxygen transporter Hemoglobin (Hb) in the blood is insufficient for the body's physiological needs. In pregnancy, the need for oxygen is higher, triggering an increase in entropoietin production. As a result, plasma volume increases and red blood cells increase. However, the increase in plasma volume occurs in a greater proportion compared to the increase in erythrocytes, resulting in a decrease in hemoglobin concentration due to hemodilution. During pregnancy the amount of blood increases. The increase in blood cells is less than the increase in plasma, resulting in blood thinning. The increase was in plasma by 30%, blood cells by 18% and hemoglobin. Anemia during pregnancy is a health problem that is often encountered in pregnant women which can cause complications in future pregnancies. The importance of information about anemia for the community and appropriate methods that can reach the community are important to reduce the risk of maternal death. The aim of this community service is to increase the knowledge of pregnant women by providing health education about preventing anemia. The method used is by providing health education about preventing anemia. As a result of this activity, pregnant women's knowledge about anemia and how to prevent anemia has increased after the outreach activities were carried out.

Keywords: *Counseling, Prevention of Anemia in Pregnant Women.*

INTRODUCTION

Anemia in pregnancy is a condition with hemoglobin levels below 11% in the first and second trimester or levels <10.5% in the second trimester. Anemia is a condition where red blood cells decrease or hemoglobin decreases, so that the oxygen carrying capacity for the needs of vital organs in the mother and fetus is reduced. During pregnancy, the indication of anemia is if the hemoglobin concentration is less than 10.50 to 11.00 gr/dl Anemia in pregnant women if the hemoglobin or red blood cell level is less than 10.00 gr%. The causes of most anemia in pregnancy are caused by iron deficiency and acute bleeding and it is not uncommon for the two to interact with each other. The causes of anemia in general are as follows: Malnutrition, lack of iron in the diet, malabsorption, large blood loss such as past childbirth, menstruation and others. Anemia in pregnancy is a major health problem in developing countries with high morbidity in pregnant women. The average pregnancy loss due to anemia in Asia is estimated at 72.6% (Sasmita, 2022).

WHO data recorded that the maternal mortality rate in the world is still high, namely more than 300,000 deaths each year caused by bleeding, hypertensive disease and sepsis. WHO states that the incidence of pregnancy anemia ranges between 20.0% and 89.0% by setting Hb

11 g% (g/dl) as the basis (WHO, 2021). Likewise in Indonesia, there are 3 main causes of maternal death in Indonesia in 2018-2019, namely bleeding, hypertension and infection. One of the causes of bleeding is because the mother suffers from anemia (Kemenkes RI, 2020). In Indonesia, the incidence of anemia in pregnant women is still high. According to RISKESDAS data in 2018 the number of pregnant women who experienced anemia was 37.1% and increased in 2018 to 48.9%, Anemia in pregnant women based on age 15-24 years amounted to 84.6%, age 25-34 years amounted to 33.7%, age 36-44 years amounted to 33.6% and age 45-54 years amounted to 28% (Kemenkes RI, 2018).

According to the Dietary Reference Intake, iron requirements in pregnant women increase from 18 mg/day in adult women to 27 mg/day in pregnant women. WHO recommends that every pregnant woman consume 60 mg of Fe supplementation per day for 6 months. Studies show that Fe supplementation in pregnant women can reduce by 73% the incidence of anemia in term pregnancy and 67% the incidence of iron deficiency anemia in term pregnancy. It can be explained that Fe supplementation can increase, among others, the number of reticulocytes (Ret-He), red blood cells (RBC) and haemoglobin (Yunita & Suyani, 2017). Prevention of anemia in pregnancy is not only the responsibility of health workers but also the responsibility of pregnant women so that pregnant women need to empower themselves to maintain pregnancy through healthy living and meet nutritional intake during pregnancy. In empowering themselves, pregnant women need to equip themselves with knowledge and skills about pregnancy health. Some alternative activities that can be done to prevent and overcome anemia are checking hemoglobin (Hb) levels as an initial screening to detect anemia and providing education so that pregnant women can empower themselves independently in meeting the needs according to the needs of pregnant women who are increasingly increasing. One of the efforts to prevent and treat anemia in pregnant women includes increasing knowledge and changing attitudes to be positive through education about anemia in pregnant women. Based on the description above, community service was carried out in the form of counseling and providing education about anemia to pregnant women in Kesambe Lama Village, East Curup District, Rejang Lebong Regency.

RESEARCH METHODS

This community service activity was attended by 10 pregnant women who were carried out on Wednesday, July 12, 2024 at Puskesmas Kampung Delima. In the community service carried out using the guidance and counseling method, in this method the KKN group conducts counseling on the prevention of anemia in pregnant women through PPT and provides leaflets to participants on the counseling program and how to prevent anemia, after which the group establishes and conducts 2-way communication, participants are given the opportunity to ask the instructor the material that has been delivered about preventing anemia in pregnant women. After the question and answer session, an interview session was conducted from the instructor to the participants.

RESULTS AND DISCUSSION

Activity Results

The results of community service activities carried out on community participants in Kesambe Lama Village, Kampung Delima Health Center Area by providing counseling by displaying material on PPT and distributing leaflets to participants. This extension activity program was carried out for one day. The activities that have been carried out by counseling are providing material on the prevention of anemia in pregnant women and conducting question and answer sessions to counseling participants. The material instructor conducted an interview session with the participants to find out the level of knowledge of the participants whether they experienced an increase or not after being given counseling material on the prevention of

anemia in pregnant women. This community service activity was carried out because there are still many pregnant women who do not know how to prevent anemia during pregnancy in Kesambe Lama Village, Kampung Delima Health Center Area. The results of the activity program show that participants understand the counseling material about anemia and can explain again how to prevent anemia in pregnant women. There was an increase in knowledge of pregnant women participants in terms of explaining again about how to prevent anemia properly and correctly.



Figure 1 Anemia Counseling Activity for Pregnant Women

Problem Solving

This community service activity is carried out in the form of education on the prevention of anemia in pregnant women. The result of this community service activity is the provision of counseling to pregnant women about the impact of anemia and how to prevent it. During pregnancy, there will be changes in the mother's body that can affect the mother's health. The physiological changes that occur cause the mother's body to require twice as much blood supply as before. If the blood supply is not fulfilled, the mother will be prone to anemia and can endanger the mother and fetus.

Anemia during pregnancy is a condition in which the amount of hemoglobin and red blood cells is lower than normal. The cause is the lack of iron in the body for blood formation. Factors causing iron deficiency anemia are lack of absorption of iron and protein from the food, impaired intestinal absorption, and acute or chronic bleeding. Most of the anemia that occurs during pregnancy is iron deficiency anemia, so treatment is not so difficult, such as a balanced diet of iron intake and pregnant women taking Fe tablets in late pregnancy to increase iron requirements (Anggraini, 2018). Another study found that anemia during pregnancy is caused by insufficient levels of iron and protein (Purwaningtyas & Prameswari, 2017), low consumption of fruits and vegetables and not getting Fe supplementation (Kehulu, 2020), pregnant women who experience food restrictions during pregnancy due to cultural beliefs (Teshome, Meskel, & Wondafrash, 2020), and unhealthy eating patterns (Mariana, Wulandari, & Padila, 2018). Anemia is still a common pregnancy disease in rural areas due to poverty and lack of understanding about a healthy diet. Some people do not know what healthy and nutritious food is, so they consider certain foods taboo and aggravate the disease certain foods are taboo and aggravate anemia.

CONCLUSION

Based on the implementation of community empowerment activities running according to plan and running smoothly, the participants of pregnant women are all enthusiastic about participating in this activity. It is proven that with this activity pregnant women have increased knowledge related to anemia and intermediaries to get support from fellow pregnant women,

health workers and others. providing education about the prevention and treatment of anemia in pregnant women is very influential in reducing the prevalence of anemia in pregnant women. health behavior of a person or community is influenced by knowledge and attitudes. Good knowledge and positive attitudes can support the behavior of pregnant women in making efforts to prevent anemia. Education about the prevention of anemia is one of the efforts that can increase knowledge and change attitudes to be positive.

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