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Providing Fe Tablets to Prevent Anemia in Pregnant Women in Kesambe Lama Village, East Curup District

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Abstract. Consumption of Fe tablets in pregnant women is very important in meeting the nutritional needs of the fetus, such as preventing anemia in pregnant women, reducing the risk of death in mothers due to postpartum hemorrhage. Iron (Fe) tablets or blood supplement tablets (TTD) are supplements containing iron and folate given to pregnant women to prevent iron nutritional anemia during pregnancy which functions as a form of hemoglobin (Hb) in the blood. This activity aims to overcome the incidence of anemia in pregnant women and understand the benefits of consuming Fe tablets during pregnancy by using the lecture method with the help of leaflets then continuing with the distribution of Fe tablets. Participants in this activity were 20 pregnant women from the first trimester to the third trimester. The assessment was carried out by measuring participants' knowledge about the benefits of consuming Fe tablets by conducting a question and answer session before and after being given the counseling material. The results of the activity evaluation showed that the target number was 75% of pregnant women who had received Fe tablets, and the result was that 80% of pregnant women had received Fe tablets. So it can be concluded that the participants understand the importance of the benefits of iron tablets for pregnant women.

Keywords: *Anemia,Iron,Pregnant Women.*

INTRODUCTION

Iron is an essential microelement for the body that is needed in the synthesis of hemoglobin where consuming Fe tablets is closely related to hemoglobin levels in pregnant women. Iron deficiency anemia that many pregnant women experience is caused by poor adherence to taking Fe tablets or the wrong way to consume it, causing a lack of iron absorption in the mother's body. one of the nutritional problems that often occur in pregnant women is nutritional anemia, which is the biggest and most difficult micronutrient problem to overcome throughout the world.

WHO data records that the maternal mortality rate in the world is still high, with 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).

Anemia is a condition where the body lacks red blood cells (erythrocytes), erythrocytes themselves contain hemoglobin which has an affinity for oxygen and carries oxygen throughout the body (Proverawati & Atikah, 2013). According to Prawiroharjo (2010) anemia is a condition of decreased hemoglobin levels, hematocrine and erythrocyte counts below normal values. In people suffering from anemia, more often called lack of blood, red blood cell levels (hemoglobin / Hb) are below normal values. The cause can be due to a lack of iron for red blood formation, such as iron, folic acid, and vitamin B12. But what often happens is iron deficiency anemia. Anemia is a problem especially in women of reproductive age because it can cause fatigue, body weakness, decreased ability or work productivity. According to Simanjuntak in Nurjanah (2012) in Indonesia 70% of pregnant women experience anemia due to the distance between pregnancy and childbirth that is too close, low education and low socioeconomic. Anemia in pregnant women is closely related to the physiology of pregnancy where the body undergoes changes in the amount of blood increases in the body by 20-30% so that the need for iron and vitamins increases for the manufacture of hemoglobin (Hb) besides that pregnant women also have to share blood with their babies so that blood needs 30% more than before pregnancy (Noversiti, 2012).

One of the efforts to prevent and treat anemia in pregnant women includes increasing knowledge and changing attitudes to be positive through education about nutritional needs during pregnancy, checking pregnancy at least 4 times during pregnancy, giving iron 90 tablets, checking Hb in the first and third semesters, immediately checking themselves if there are unusual complaints, providing food that suits the needs of pregnant women, increasing the knowledge and behavior of pregnant women and families in choosing, processing and serving food and improving the quality of health and nutrition services (Solehati, Sari, Lukman, & Kosasih, 2018).

Iron is a mineral needed to form hemoglobin or red blood cells. Iron also plays a role in the formation of myoglobin (a protein that carries oxygen to muscles), collagen (a protein found in bones, cartilage, and connective tissue), and enzymes. Iron can also be used for the body's defense system (Ministry of Health, 2015). Iron tablets (Fe) or blood supplement tablets (TTD) are supplements containing iron and folate given to pregnant women to prevent iron nutritional anemia during pregnancy. Fe tablet supplementation is adjusted according to the needs or gestational age in each semester, namely in the first trimester iron needs ± 1 mg / day, (basal loss of 0.8 mg / day) and added 30-40 mg for fetal and hemoglobin needs. In the second trimester, iron needs ± 5 mg / day, (basal loss of 0.8 mg / day) and plus 300 mg hemoglobin needs and 115 mg fetal needs. In the third trimester, iron needs 5 mg / day,) plus the need for red blood cells 150 mg and fetal needs 223 mg (Susiloningtyas, 2012). Based on the description above, community service was carried out in the form of giving anemia FE tablets to pregnant women in Kesambe Lama Village, East Curup District, Rejang Lebong Regency.

RESEARCH METHODS

This community service was carried out on July 12, 2024, at the Village Hall of the Pregnant Women's Posyandu Puskesmas Kampung Delima The method of implementing this activity consists of several stages as follows:

Activity Implementation

a) Realization of Problem Solving This community service is carried out in conjunction with routine posyandu activities for pregnant women at the Village Hall Posyandu Puskemas Kampung Delima.

b) Cooperation with Related Parties and Attendance of Participants For the smooth running of this community service activity, we collaborate with the Posyandu Puskesmas Kampung Delima, East Curup District and are also assisted by other parties.
c) Activity Methods Before giving Iron (Fe) tablets, counseling about anemia, material in the form of leaflets about the causes of anemia and food sources needed during pregnancy and to prevent iron deficiency anemia.

RESULTS AND DISCUSSION

Before the counseling was given, participants conducted routine posyandu activities followed by community counseling on the importance of the benefits of Fe tables as anemia prevention. There were 20 participants who attended. Before the counseling, participants did not understand the importance of Fe tablets for pregnant women because it was not explained at the time of distribution so that many thought Fe tablets were drugs, so they did not want to drink because they were afraid it would affect the fetus. After being given counseling, participants wanted to take the Fe tablets that had been given.

Figure 1. Fe Tablet Administration Activity

Problem Solving

In this community service activity, all pregnant women in the posyandu already understand and want to take Fe tablets, so as to reduce the incidence of anemia in this area. From the coverage, it can be seen that all pregnant women we have briefed about the importance of additional Fe tablets when starting pregnancy in the first trimester until postpartum. After evaluation, it turns out that many mothers understand and continue to take Fe tablets during their pregnancy. And the implementation of community service activities received a positive attitude and ran smoothly.

Compliance behavior can also be found in pregnant women who take blood supplement tablets (Fe tablets) to treat and prevent anemia during pregnancy. Compliance in consuming Fe tablets is defined as the obedience of pregnant women in carrying out recommendations from health workers to consume Fe tablets regularly 1 tablet per day for 90 days. Each mother is expected to consume a minimum of 90 Fe tablets during pregnancy.

The result of the activity is that participants better understand and understand the importance of consuming Fe tablets during pregnancy so that it can increase the compliance of pregnant women to consume Fe tablets. Compliance in consuming Fe tablets is measured by the accuracy of the amount, the accuracy of the method of consumption, and the frequency of consumption of Fe tablets every day (Anasari and Hidayah, 2012). Compliance of pregnant women in consuming Fe tablets in Indonesia is still an obstacle to reducing anemia rates. The low compliance of pregnant women in consuming Fe tablets can be caused by pregnant women often forgetting, being lazy, and feeling bored in consuming Fe tablets. In addition, side effects are often felt after taking Fe tablets, such as nausea, vomiting, stomach cramps, constipation, and changes in stool color, as well as the feeling of pregnant women on the Fe tablets consumed smelling fishy (Rahmawati, 2012).

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. The provision of fe tablets on the prevention and treatment of anemia in pregnant women is very influential in reducing the prevalence of anemia in pregnant women. In this case we conduct counseling about Fe tablets and distribute Fe tablets so that the community knows the benefits of Fe tablets for pregnant women so as to increase the awareness of pregnant women to take Fe tablets at least 90 tablets during pregnancy. The 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.

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