

Model HEMA CHRONIS (health education, modeling sebaya, coaching, screening, monitoring nutrisi) sebagai upaya mengatasi risiko anemia pada remaja putri. = Model HEMA CHRONIS (health education, modeling sebaya, coaching, screening, monitoring nutrition) as an efforts to overcome anemia risk in young women

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Abstrak

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Remaja merupakan salah satu kelompok yang berisiko mengalami anemia yang disebabkan kurangnya zat besi di dalam tubuh dengan berbagai faktor pencetus. Tujuan penulisan memberikan gambaran pelaksanaan model HEMA CHRONIS sebagai upaya mengatasi risiko anemia pada remaja putri. Pelaksanaan praktek menggunakan pendekatan asuhan keperawatan keluarga dan asuhan keperawatan komunitas di setting sekolah. Hasil penerapan model HEMA CHRONIS menunjukkan peningkatan pengetahuan, sikap, dan keterampilan pada remaja putri dan keluarga, peningkatan kemandirian keluarga, dan penurunan prevalensi anemia pada remaja putri. Rekomendasi adalah kebijakan melakukan promosi kesehatan; pemeriksaan risiko anemia melalui screening Hb, penimbangan BB, dan pengukuran TB; program eating together; memberikan asuhan keperawatan melalui kunjungan rumah pada remaja yang terindikasi mengalami anemia; melakukan pembinaan serta monitoring evaluasi terhadap sekolah-sekolah yang menjadi daerah binaan, dilakukan secara konsisten dan berkelanjutan.

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**ABSTRACT**

Adolescents are among the groups at risk of anemia due to lack of iron in the body with various precipitating factors. The purpose of writing provides an overview of the implementation of HEMA CHRONIS model as an effort to overcome the risk of anemia in young women. Implementation practice using family and community nursing approach in school setting. The results of the HEMA CHRONIS model demonstrate an increase in knowledge, attitudes, and skills of young women and families, increased family independence, and decreased prevalence of anemia in young women. Recommendations are policies to promote health Examining the risk of anemia through Hb screening, weighing BB, and TB measurement Program eating together Provide nursing care through home visits in adolescents who are indicated to have anemia Conducting guidance as well as monitoring the evaluation of the schools that become the target area, carried out consistently and continuously.