Perubahan kadar hemoglobin wanita hamil trimester II yang anemia dengan suplementasi zat besi, asam folat dan riboflavin di puskesmas wilayah Kecamatan Kebayoran Baru Jakarta Selatan

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Abstrak

Ruang lingkup dan cara penelitian : Suatu penelitian eksperimental telah dilaksanakan pada 29 orang wanita hamil trimester II dengan anemia (kadar Hb 8 - 10,9 g%) pengunjung poliklinik Kesehatan Ibu dan Anak Puskesmas di wilayah Kecamatan Kebayoran Baru Jakarta Selatan. Penelitian bertujuan untuk melihat pengaruh pemberian pil besi (ferrosulfat 200 mg + asani folat 0,25 mg) & riboflavin (5 mg) terhadap kenaikan kadar Hb. Kelompok I (perlakuan) diberikan pil besi & riboflavin dan kelompok II (kontrol) hanya diberikan pil besi. Lama penelitian; 6 (enam) minggu, diberikan 1 X / hari.
Hasil : Terdapat prevalensi anemia 30,77 % dengan kadar Hb 10,18 ± 0,92 untuk kelompok perlakuan dan 10,29 ± 0,49 untuk kelompok kontrol. Asupan kalori, protein, zat besi dan riboflavin di bawah AKG. Terdapat kenaikan status hematologi kedua kelompok setelah suplementasi, secara analisis statistik tidak berbeda bermakna (p > 0,05). Kelompok perlakuan rerata nilai perubahan VER & HER naik Iebih besar dibanding kelompok kontrol. Kelompok perlakuan rerata nilai perubahan VER 3,13 ± 2,42 dan HER 1,84 ± 2,56, kelompok kontrol rerata nilai perubahan VER 0,86 ± 3,11 dan HER 0,07 ± 1,44. Secara analisis statxstik berbeda bermakna (p < 0,05).
Kesimpulan : Prevalensi anemia pada wanita hamil trimester II 30,70 %. Penyebabnya asupan zat gizi kurang dari AKG. Kenaikan Hb setelah suplementasi pil besi ditambah riboflavin setiap hari selama 6 minggu tidak berbeda bermakna. Kenaikan VER dan HER secara analisis statistik pada kekompok perlakuan berbeda bermakna dibanding dengan kelompok kontrol.
<hr>Material and methods: An experimental study was done on 29 pregnant women, 2nd trimester, with anemia (Hb 8 - 10,9 g %) attending the mother and child Health Care at the Public Health Centre of Kebayoran Baru, Jakarta Selatan. The aim of the study was to study the effect of Iron and Riboflavin Tablets supplementation on the level of Hb. The treatment group was given Iron Tablets (Ferrous sulfate 200 mg and folic acid 0,25 mg) and Riboflavin 5 mg where as the control group was given Iron Tablets only. The duration of the study was 6 weeks.
Results : The prevalence of anemia was 30,77 % with Hb levels of 10,18 ± 0,92 for the treatment group and 10,29 ± 0,49 for the control group. Calory intake, Protein, Iron and Riboflavin were below the RDA. Hematological state increases in both groups after supplementation but it was not statistically significant (p > 0,05). In the treatment group the changes of MCV & MCH was bigger compared to control that was changes MCV 3,13 ± 2,42 and MCH 1,84 ± 2,56 compared to changes MCV 0,86 ± 3,11 and MCH 0,07 t 1,44. These results were statistically significant (p < 0,05).
Conclusion : The prevalence of anemia in pregnant woman, 2ND triunes ter was 30,70 %. The etiology of anemia was mainly nutrient intake that was below the RDA. Iron and Riboflavin Tablets Supplementation every day for 6 weeks did not increase the hemoglobin level significantly compared to iron tablets supplementation alone. However, changes in MCV & MCH in riboflavin group were significantly different.