

Pelayanan Informasi Obat (PIO): Leaflet Tablet Tambah Darah untuk Remaja, Calon Pengantin, Dan Ibu Hamil = Drug Information Service : Blood Addition Tablet Leaflet for Adolescents, Brides-to-be, and Pregnant Women

Nahdiya Rahmah, author

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Abstrak

Suatu kondisi dimana jumlah sel darah merah atau konsentrasi hemoglobin lebih rendah dari biasanya. Berdasarkan penelitian sebelumnya, 32% remaja di Indonesia mengalami anemia. Anemia pada remaja secara signifikan mengganggu konsentrasi belajar yang berdampak pada prestasi siswa. Selain itu, 48,9% ibu hamil mengalami anemia. Ibu hamil yang mengalami anemia terjadi peningkatan risiko kelahiran prematur, gangguan perkembangan mental pada anak yang lahir, hingga kematian neonatal. Puskesmas sebagai pelayanan kesehatan tingkat pertama dapat memberikan pelayanan berupa promotif, preventif, kuratif, dan rehabilitatif. Salah satu kegiatan promotif dan preventif yang dapat dilakukan di puskesmas adalah upaya penanggulangan anemia defisiensi besi pada remaja, wanita usia subur, dan ibu hamil. Penelitian ini bertujuan mencegah anemia pada remaja, wanita usia subur, dan ibu hamil melalui media Leaflet Tablet Tambah Darah (TTD). Penelitian dilakukan dengan melakukan studi literatur dengan kata kunci “anemia, zat besi, tablet tambah darah” melalui e-book, artikel penelitian, website WHO, website Kementerian Kesehatan Republik Indonesia, serta peraturan pemerintah. Data kemudian diolah secara deskriptif untuk disajikan menggunakan laporan. Data dari laporan kemudian dipilih untuk disajikan pada leaflet. Leaflet memuat informasi seperti data konsumsi zat besi pada remaja, prevalensi anemia, cara pencegahan anemia, suplementasi TTD, aturan minum TTD, efek samping TTD serta mitos terkait TTD sebagai upaya promosi konsumsi dan kepatuhan minum TTD serta pencegahan anemia.

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Anemia is a condition where the number of red blood cells or hemoglobin concentration is lower than normal. Based on previous research, 32% of adolescents in Indonesia experience anemia. Anemia in adolescents significantly interferes with learning concentration which has an impact on student achievement. In addition, 48.9% of pregnant women experience anemia. Pregnant women who experience anemia have an increased risk of premature birth, mental development disorders in children born, and neonatal death. Public Health Center as a first-level health service can provide services in the form of promotive, preventive, curative, and rehabilitative. One of the promotive and preventive activities that can be carried out at Public Health Center is efforts to overcome iron deficiency anemia in adolescents, bride-to-be, and pregnant women. This study aims to prevent anemia in adolescents, bride-to-be, and pregnant women through the media of Blood Addition Tablet Leaflet. The research was conducted by conducting a literature study with the keywords “anemia, iron, blood supplement tablets” through e-books, research articles, the WHO website, the website of the Ministry of Health of the Republic of Indonesia, and government regulations. The data was then processed descriptively to be presented using reports. Data from the report was then selected to be presented in the leaflet. The leaflet contains information such as data on iron consumption in adolescents, prevalence of anemia, how to prevent anemia, blood supplement tablets supplementation, blood supplement tablets supplementation drinking rules, side effects and related myths.