

ABSTRAK

Dian Tresna Handayani (2026) Asuhan Keperawatan Pada Ibu Hamil Anemia Dengan Masalah Keperawatan Intoleransi Aktivitas Di Wilayah Kerja Klinik Bidan Dince Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Melly, SST., S.Kep., M.Kes (II) Hernitati, S.Pd., S.Kep., M.K.M.

Latar Belakang: Anemia pada ibu hamil merupakan kondisi kadar hemoglobin di bawah normal yang masih menjadi masalah kesehatan karena dapat menimbulkan komplikasi pada ibu dan janin. Salah satu masalah keperawatan yang sering muncul adalah *intoleransi* aktivitas akibat ketidakseimbangan antara suplai dan kebutuhan oksigen tubuh. Kondisi ini menyebabkan ibu hamil mudah lelah, lemah, pusing, dan sesak napas saat beraktivitas. **Tujuan:** studi kasus ini adalah mendeskripsikan asuhan keperawatan pada ibu hamil anemia dengan masalah *intoleransi* aktivitas di Wilayah Kerja Klinik Bidan Dince Pekanbaru. **Metode:** yang digunakan yaitu studi kasus deskriptif dengan pendekatan proses keperawatan meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Subjek penelitian adalah satu orang ibu hamil dengan kadar hemoglobin 10,4 g/dL. **Hasil:** pengkajian menunjukkan pasien mengalami konjungtiva pucat, penurunan toleransi aktivitas, serta ketidakpatuhan mengonsumsi tablet Fe. Diagnosis keperawatan utama yaitu *intoleransi* aktivitas berhubungan dengan ketidakseimbangan suplai dan kebutuhan oksigen. Intervensi yang diberikan meliputi manajemen energi, edukasi aktivitas bertahap, pemantauan tanda vital, serta edukasi nutrisi dan konsumsi tablet Fe. **Kesimpulan:** menunjukkan asuhan keperawatan dapat meningkatkan *toleransi* aktivitas dan mengurangi keluhan pasien. **Saran:** Disarankan ibu hamil rutin kontrol dan patuh mengonsumsi tablet Fe.

Kata kunci: Anemia, Asuhan Keperawatan, Ibu Hamil, *Intoleransi* Aktivitas

Abstract

Dian Tresna Handayani (2026). Nursing Care for Pregnant Women with Anemia and Nursing Problems of Activity Intolerance in the Working Area of Dince Midwife Clinic Pekanbaru. Scientific Case Study Paper, Diploma III Nursing Program, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Ns. Melly, SST., S.Kep., M.Kes. (II) Hernitati, S.Pd., S.Kep., M.K.M.

Background: Anemia in pregnant women is a condition in which hemoglobin levels are below normal and remains a health problem because it can cause complications for both the mother and fetus. One of the common nursing problems that arises is activity intolerance related to an imbalance between oxygen supply and the body's oxygen demand. This condition causes pregnant women to easily experience fatigue, weakness, dizziness, and shortness of breath during activities. **Objective:** This case study aimed to describe nursing care for a pregnant woman with anemia experiencing activity intolerance in the working area of Dince Midwife Clinic, Pekanbaru. **Methods:** This study used a descriptive case study design with a nursing process approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation. The subject of the study was one pregnant woman with a hemoglobin level of 10.4 g/dL. **Results:** The assessment showed that the patient experienced pale conjunctiva, decreased activity tolerance, and noncompliance with iron (Fe) tablet consumption. The main nursing diagnosis was activity intolerance related to an imbalance between oxygen supply and oxygen demand. Interventions provided included energy management, gradual activity education, vital sign monitoring, and education on nutrition and Fe tablet consumption. **Conclusion:** Nursing care was able to improve activity tolerance and reduce the patient's complaints. **Suggestion:** Pregnant women are advised to attend routine antenatal check-ups and comply with Fe tablet consumption.

Keywords: Anemia, Activity Intolerance, Nursing Care, Pregnant Women