

ABSTRAK

Kecukupan gizi saat kehamilan memegang peranan penting dalam pertumbuhan dan perkembangan janin. Gangguan gizi pada ibu hamil dapat menyebabkan Kekurangan Energi Kronis. Kekurangan Energi Kronis pada ibu hamil merupakan suatu keadaan kurangnya asupan gizi pada ibu hamil. Untuk meningkatkan kualitas kesehatan ibu hamil maka dilakukan asuhan kebidanan di PMB "LM" wilayah kerja Puskesmas Sawan 1. Metode yang digunakan dalam asuhan kebidanan adalah metode deskriptif dengan pendekatan secara edukatif. Berdasarkan data subyektif ditemukan masalah pada kehamilan, persalinan, nifas, bayi baru lahir dan KB. Berdasarkan data objektif dilakukan pemeriksaan dan analisa data untuk melakukan penatalaksanaan. Dalam penatalaksanaan memberikan edukasi mengenai kecukupan Gizi, serta melakukan tindakan pada persalinan, masa nifas, perawatan bayi baru lahir dan pemasangan alat kontrasepsi. Setelah dilakukan asuhan komprehensif kepada perempuan "SD" secara berkesinambungan diharapkan kondisi ibu dan bayi tetap sehat selama pandemic Covid-19.

Kata kunci : Gizi, Kekurangan Energy Kronis, Konseling

ABSTRACT

Adequacy of nutrition during pregnancy plays an important role in fetal growth and development. Nutritional disorders in pregnant women can cause Chronic Energy Deficiency. Chronic Energy Deficiency in pregnant women is a state of lack of nutrition in pregnant women. To improve the quality of health of pregnant women, midwifery care is conducted in PMB "LM" in the work area of the Sawan Health Center 1. The method used in midwifery care is a descriptive method with an educational approach. Based on subjective data found problems in pregnancy, childbirth, newborns and family planning. Based on objective data, examination and analysis of data are carried out to manage. In management it provides education about the adequacy of nutrition, as well as taking action on childbirth, the puerperium, newborn care and the installation of contraceptives. After comprehensive care for "elementary" women, it is hoped that the condition of the mother and baby will remain healthy during the Covid-19 pandemic.

Keywords: Nutrition, Chronic Energy Deficiency, Counseling