

Obstetric Care for Postpartum Mothers with Anemia through Dragon Fruit Therapy in the Working Area of the Karanganyar Health Center

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ARTICLE INFO	ABSTRACT
Keywords: puerperium, anemia, midwifery care management	The puerperium is an important part of the birth process because it is a process of entering a new role for a woman, namely as a mother. Mothers will experience many physical and psychological changes considering the importance of the puerperium, optimal obstetric care is needed. The purpose of this care is to deal with cases of anemia in postpartum mothers by giving dragon fruit can make mothers understand and increase HB levels in postpartum mothers. Case taking The case report in this case study uses the case study method consisting of one mother in question means one mother who is given care during the postpartum period using the SOAP method (subjective, objective, analysis, management). The care that has been done on Mrs. S with anemia showed an increase in HB levels from 10.6 g / dl to 12.1 g / dl after being given dragon fruit for 7 days as much as 100 grams / day so that the complaints experienced by the mother are resolved and the mother's puerperium can run. by taking care of anemia management in postpartum mothers with the provision of dragon fruit can make mothers understand and increase HB levels in postpartum mothers.

1. INTRODUCTION

Postpartum is a challenge for many new mothers. Recovery from childbirth requires care and treatment, ranging from self-care and care that requires the role of health workers. Loss of blood during labor causes *postpartum mothers* to be susceptible to anemia. Postpartum anemia *affects the mother such as in daily activities, fatigue, postpartum blues and the occurrence of decreased cognitive abilities in the mother.* (Defrin, 2016)

Anemia is a disease characterized by a lack of red blood cells in the blood. Lack of hemoglobin in the blood can lead to more serious complications for the mother both in pregnancy, childbirth and puerperium. Lack of oxygen in the uterus will cause the uterine muscles not to contract adequately so that uterine atony can arise which results in bleeding. (Kasjmir, et all, 2018)

Postpartum *anemia* (puerperium) is defined as a condition characterized by a decrease in hemoglobin levels below normal values, as a result of which it can interfere with the capacity of blood to transport oxygen around the body. According to (WHO, 2021). The incidence of anemia in

postpartum mothers is 56%. Indian deaths from anemia account for 19%, from anemia cases in postpartum mothers to 65% - 75%. Data from the Indonesian Demographic and Health Survey (IDHS) in 2020 stated that the Maternal Mortality Rate (MMR) in Indonesia was 305 per 100,000 live births. In 2020 in Indonesia, postpartum maternal mortality due to anemia reached 30% (Ministry of Health, 2020).

According to the 2021 performance accountability report in West Java Province, the incidence of anemia in postpartum mothers is still high, namely 37.1% (West Java Health Office, 2020). Based on data from the Tasikmalaya City Health Office in 2021, the prevalence of anemia in postpartum mothers was 8.1%, but in January-April 2022 the prevalence of anemia in postpartum mothers increased by 11.2%, where the incidence of anemia in pregnant women increased (Ministry of Health, 2022).

From the results of data obtained at the Karanganyar Health Center for the past 1 month, of the 15 postpartum mothers who carried out examinations at the puskesmas, 5 postpartum mothers had mild anemia (33%), 6 postpartum mothers had moderate anemia (39.6%), and 4 postpartum mothers had normal HB levels (26.4%), namely (11-12 gr/dl).

The government program that has been carried out in distributing Fe tablets for postpartum mothers has not approached the national target and compliance. Postpartum mothers in taking Fe tablets are still not good so that they have not given an idea of the decrease in the incidence of anemia in Indonesia and in West Java Province. To prevent anemia in postpartum mothers, by providing additional supplements that utilize fruits (Ministry of Health of the Republic of Indonesia, 2020).

Quality human resources can be hampered due to health and nutritional status. The incidence of anemia is still high. Especially in women, adolescent girls tend to experience anemia because they are in transition and also because of menstruation. Anemia is caused by lack of nutritional intake, knowledge about anemia, iron can be met by consuming Fe, but taking supplements containing iron in large quantities can damage the intestinal lining. Another way to meet iron needs is by eating foods that contain lots of iron, such as green beans and dragon fruit (Sulastris et al., 2021).

One alternative that can be done to increase the amount of iron in the blood by eating fruits that contain iron and vitamin C is high. One fruit that contains iron and vitamin C is quite high is dragon fruit with a content of 0.16-0.20 mg of iron, vitamin B1, vitamin B2 and vitamin C (Noor et al., 2016).

Based on the results of barirah research states that dragon fruit contains iron so that there is a change in hemoglobin levels in postpartum mothers after consuming dragon fruit juice. Of the 34 anemic postpartum mothers with a sample of 18 people, it is known that the average value of hemoglobin levels before giving dragon fruit is 9.7 g / dl and the average value of hemoglobin levels on day 7 of giving dragon fruit juice is 11.5 g / dl so that there is an effect of giving dragon fruit on increasing Hb levels in postpartum mothers (*value* 0.00 <0.05). (Pramono & Noor, 2021)

In addition, based on research journals states that red dragon fruit juice is effective for increasing hemoglobin levels and erythrocyte levels in puerperal women because dragon fruit is rich in iron as the main constituent of red blood cells. Dragon fruit can increase hemoglobin with an increase in hemoglobin levels concentration of 100% obtained by observations in the intervention group with an average of 13.12 g / dl. (Widyaningsih, 2017).

2. METHODS

The method used in this experimental study uses a qualitative approach, with a *case study research* (CSR) care strategy. The sample of this study was 2 postpartum mothers with puerperium 7 days with anemia. This case study was conducted for 7 days, starting from July 27 – August 2, 2022 at Kp. Cijeruk Hilir, RT.01/RW.01, Kel. Cibeuti, Kec. Kawalu, Tasikmalaya City. The data collection method is primary data, namely data derived from the results of data collection before and after observation and care in the field, and secondary data, namely data obtained from medical record documentation to complete data related to obstetric care in postpartum mothers with anemia carried out dragon fruit administration. The data collection instrument used by the author used observation

sheets for increasing hemoglobin levels, postpartum mother management format and in the form of observation sheets. Tools and materials used in this case study such as HB sahli sets, dragon fruit and observation sheets. Data analysis is used by presenting facts and comparing with existing theories in accordance with EBM (*Evidence Based Medicine*). The collection was obtained by means of anamnesis, TTV examination (Vital Signs), physical examination (*Head To Toe*), HB examination and observation before and after dragon fruit administration recorded in the observation sheet and documentation in the form of SOAP.

3. FINDINGS AND DISCUSSION

This care was carried out in the working area of the Karanganyar Health Center in Tasikmalaya City which was carried out for 7 days, starting from July 27 – August 2, 2022 by taking 2 samples of postpartum mothers for 7 days with anemia. This care aims to determine the effectiveness of consuming dragon fruit in postpartum mothers with anemia before and after the intervention is given and to know the findings on the history results from objective data and subjective data.

The results of HB (Hemoglobin) values from observations before the intervention of giving dragon fruit to increase the value of Hemoglobin were obtained as follows:

Table 1. Hemoglobin value before intervention

Respond	HB Value	Unit
Ny. S	10,6	mg/dl
Ny. R	10,1	mg/dl

The table above shows the value of Hemoglobin before the administration of dragon fruit therapy to increase the hemoglobin value obtained results in respondents 1 Mrs. S obtained a Hemoglobin value of 10.6 mg / dl and respondents 2 Mrs. R obtained a Hemoglobin value of 10.1 mg / dl.

Table 2. Hemoglobin value after intervention

Respond	HB Value	Unit
Ny. S	12,1	mg/dl
Ny. R	12,3	mg/dl

The table above shows an increase in hemoglobin values after the intervention of giving dragon fruit to postpartum mothers with anemia. Hemoglobin value in Respondent 1 Mrs. S before the intervention was 10.6 mg / dl and after the intervention hemoglobin value rose to 12.1 mg / dl. While the value of hemoglobin in respondents 2 Mrs. R before the intervention was 10.1 mg / dl and after the intervention increased to 12.3 mg / dl.

DISCUSSION

Based on the study conducted on Mrs. S, subjective data was obtained and the results of the examination obtained objective data, the management carried out was, the author informed the results of the examination to the mother, provided health education such as complications to the mother if she was anemic, nutritional needs of postpartum mothers, *personal hygiene*, adequate rest, danger signs in the puerperium, provide dragon fruit intake for 1 week, tell the correct way of

processing dragon fruit. This corresponds to (Megasari *et al.*, 2019) and (Proverawati, 2016), plan is a series of decisions about how to do something in the future. This plan should be made as ideal as possible in accordance with *standard operating procedures (SOPs)*.

At the second visit, which is 7 days after the second visit, tell the results of the examination to the mother, do the Hb examination and tell the mother that the mother's Hb level increased from 10.6 g / dl to 12.1 g / dl, tell the mother to maintain the mother's resting pattern and diet so that mild anemia does not occur again or anemia continues, management is carried out according to theory. According to (Aritonag, 2020) states that the main cause of anemia is the lack of consumption of foods containing iron. In fact, good nutritional intake is the best way to prevent anemia in pregnancy. Eating foods that are high in iron content can help maintain the iron needs that the body needs to function properly. Provision of vitamins so that the body has enough iron, folic acid, and consumption of vitamin C to help the absorption of iron in the body. One fruit that contains high vitamin C and iron is dragon fruit. 100 grams of dragon fruit contains 0.16 mg of iron, iron needs for pregnant women per day of 0.8 mg. This iron will be converted into red blood cells, so it is useful for puerperium that tends to experience anemia.

Dragon fruit contains iron and vitamins in high amounts of C which help increase hemoglobin count substantially during the puerperium (Olii, 2020). According to research (Pramono, 2021) states that there is an effect of consuming dragon fruit on increasing hemoglobin levels. This is in accordance with what the author has done to Mrs. "S" there was an increase in hemoglobin levels from 10.6 g / dl to 12.1 g / dl for 1 week of consuming dragon fruit. So eating dragon fruit can be used as an alternative fruit of choice to help postpartum pregnant women experience anemia to raise hemoglobin levels without any side effects. To get dragon fruit is also quite easy at an economical price. Besides being able to help raise hemoglobin levels, dragon fruit contains high vitamin C so as to accelerate the absorption of added blood supplements (Fe) consumed by postpartum mothers during breastfeeding.

4. CONCLUSION

By comparing the results of the study with the theory in the discussion, it can be concluded that obstetric care in postpartum mothers who have anemia using dragon fruit administration therapy provides effectiveness and there is an increase in HB values after intervention. The provision of dragon fruit therapy can be applied as complementary therapy in obstetric care services for postpartum mothers who have anemia.

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