

ABSTRAK

Penelitian ini bertujuan mendeskripsikan kadar serum besi (SI) dan kapasitas pengikatan besi total (TIBC) pada pasien anemia defisiensi besi (ADB) di RSUD Pasar Rebo. ADB adalah anemia paling umum yang ditandai dengan kadar SI rendah dan TIBC tinggi, biasanya pada anak-anak dan wanita usia subur.

Teknik analisis dilakukan dengan model deskriptif kuantitatif menggunakan data sekunder. hasil pemeriksaan laboratorium antara Juli 2023 dan Mei 2025. Sebanyak 130 pasien ADB diperiksa kadar SI dan TIBC-nya, dianalisis berdasarkan usia dan jenis kelamin. Hasil menunjukkan semua pasien memiliki SI rendah ($<50 \mu\text{g/dL}$; rerata $21,684 \mu\text{g/dL}$) dan TIBC tinggi ($>390 \mu\text{g/dL}$; rerata $525,906 \mu\text{g/dL}$).

Kasus terbanyak pada anak usia 0–5 tahun (38,5%) dan perempuan (69,2%). Disimpulkan pola khas ADB berupa hipoferemia dan peningkatan TIBC terlihat pada semua responden. Disarankan untuk melanjutkan pemeriksaan SI dan TIBC sebagai pendukung diagnosis, edukasi gizi masyarakat, dan penelitian lebih lanjut dengan parameter tambahan seperti feritin, hemoglobin, dan saturasi transferin.

Kata kunci: Anemia Defisiensi Besi, Serum Iron, Total Iron Binding Capacity, RSUD Pasar Rebo.

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ABSTRACT

This study objective to describe serum iron (SI) levels and total iron binding capacity (TIBC) in patients with iron deficiency anemia at RSUD Pasar Rebo. Iron Deficiency Anemia is the most common form of anemia, characterized by low SI and high TIBC, frequently affecting children and women of reproductive age.

Quantitative descriptive method using secondary laboratory data from July 2023 to May 2025 involved 130 IDA patients whose SI and TIBC levels were examined, with analysis based on age and gender.

Results showed all patients had low SI ($<50 \mu\text{g/dL}$; mean $21.684 \mu\text{g/dL}$) and high TIBC ($>390 \mu\text{g/dL}$; mean $525.906 \mu\text{g/dL}$). The majority cases were in children aged 0–5 years (38.5%) and females (69.2%). The study concludes that a typical IDA pattern of hypoferrimia and increased TIBC was observed in all respondents. It is recommended to continue SI and TIBC testing as supporting diagnosis, promote community nutritional education, and conduct further research with additional parameters such as ferritin, hemoglobin, and transferrin saturation..

Keywords: Iron Deficiency Anemia, Serum Iron, Total Iron Binding Capacity, RSUD Pasar Rebo.

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