

ABSTRAK

Hemoglobin merupakan salah satu indikator penting untuk mendeteksi anemia pada ibu hamil. Sementara itu, gangguan glukosa darah selama kehamilan juga merupakan masalah kesehatan yang sering terjadi dan dapat berdampak buruk terhadap ibu dan janin. Pemeriksaan kadar hemoglobin (Hb) dan gula darah sewaktu (GDS) penting dilakukan secara rutin sebagai upaya deteksi dini dan pencegahan komplikasi kehamilan. Penelitian ini bertujuan untuk mengetahui gambaran kadar hemoglobin dan glukosa darah sewaktu pada ibu hamil di Puskesmas Babelan 1.

Penelitian ini menggunakan metode deskriptif yang dilaksanakan pada bulan juli 2025 dengan jumlah responden 30 ibu hamil yang diperoleh melalui teknik random sampling. Pengukuran kadar hemoglobin dan glukosa darah sewaktu dilakukan dengan metode *Point of Care Testing* (POCT). Hasil penelitian menunjukkan bahwa dari 30 responden, ibu hamil memiliki kadar hemoglobin terendah 8,6 g/dL, sementara tertinggi 15,5g/dL. Untuk kadar glukosa darah sewaktu memiliki nilai terendah 82 mg/dL dan tertinggi 151 mg/dL.

Mayoritas ibu hamil di Puskesmas Babelan 1 memiliki kadar hemoglobin dan gula darah sewaktu dalam kategori normal. Pentingnya dilakukan pemeriksaan rutin Hemoglobin dan Glukosa Darah Sewaktu untuk mencegah komplikasi selama masa kehamilan dan persalinan.

Kepustakaan : 16

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ABSTRACT

Hemoglobin is an important indicator for detecting anemia in pregnant women. Meanwhile, blood glucose disorders during pregnancy are also common health issues that can adversely affect both the mother and the fetus. Regular monitoring of hemoglobin (Hb) levels and random blood glucose (RBG) is essential as an early detection measure and to prevent pregnancy complications. This study aims to describe the profile of hemoglobin levels and random blood glucose levels in pregnant women at Puskesmas Babelan 1.

This descriptive study was conducted in July 2025 involving 30 pregnant women selected using a random sampling technique. The measurements of hemoglobin and random blood glucose levels were performed using the Point of Care Testing (POCT) method. The study showed that hemoglobin levels among the respondents ranged from 8.6 g/dL to 15.5 g/dL, while random blood glucose levels ranged from 82 mg/dL to 151 mg/dL. The majority of respondents had hemoglobin levels ≥ 11 g/dL and random blood glucose levels < 140 mg/dL, indicating that most pregnant women were within the normal physiological range.

Most pregnant women at Puskesmas Babelan 1 had normal hemoglobin and random blood glucose levels. Therefore, routine Hb and RBG screening is important to prevent complications during pregnancy and childbirth.

References Used : 16

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