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GAMBARAN INDEKS ERITROSIT PADA IBU HAMIL TRIMESTER I

Firda Virnanda Sari[1] Sri Sayekti[2] Dhita Yuniar K[3]
[123]STIKesInsan Cendekia Medika Jombang
[1]email: firdavirnandasari99@gmail.com[2]email: sayektirafa@gmail.com[3]email:
dhita.criestd@gmail.com

ABSTRAK

Pendahuluan Keadaan yang dialami oleh ibu hamil pada fase trimester pertama sangat rentan mengalami anemia. Hal itu disebabkan beberapa faktor pendukung seperti kekurangan asupan vitamin, zat besi (Fe) dan asam folat. Keadaan tersebut mampu menghambat sumsum tulang belakang dalam membentuk sel darah merah (eritropoesis). **Tujuan** dari telaah terhadap beberapa jurnal untuk mengetahui indeks pada eritrosit yang dialami oleh ibu hamil trimester pertama. **Metode** yang digunakan adalah desain *literature review* menggunakan PICOS (*Population/problem, Intervention, Comparation, Outcome* , and*Study design*),kata kunci *"erythrocyte index"* AND *"trimester I pregnant women"*. Hasil dari*databaseGoogle Scholar*dan*PubMed*sebanyak 25 jurnal kemudiandisaringberdasarkan kurun waktu kurang lima tahun dengan permasalahan sama dan diperoleh sebanyak 5 judul. **Hasil** pada Hidayah (2020) yaitu 77,8% anemia normositiknormokrom dan 22,2% kondisi abnormal, Wirahartari (2019) didapatkan hasil 51,06% anemia hipokromik mikrositik, 13,83% anemia hipokromiknormositer, 34,04% anemia normokromik normositik, dan 1,06% anemia makrositer.Kumalasari (2019) didapatkan hasil 13,33% hipokromikmikrositik dan 86,67% anemia normositiknormokrom. Juliana (2017) nilai MCV berkategori mikrositik dan MCHberkategori hipokromik. Saad Bakrim (2018) diperoleh nilai MCHC **Kesimpulan** didapatkan responden mengalami anemia hipokromikmikrositer. **Saran** Diharapkan ibu hamil mengkonsumsi makanan bergizi terutama pada trimester pertama.

Kata kunci: Anemia, Ibu Hamil,Indeks Eritrosit

DESCRIPTION OF ERITROSIT INDEX IN TRIMESTER I PREGNANT WOMEN

ABSTRACT

Introduction *The situation experienced by pregnant women in the first trimester phase is very susceptible to anemia. This is caused by several supporting factors namely lack intake of vitamins, iron (Fe) and folic acid. This situation can inhibit the spinal cord from forming red blood cells (erythropoesis).* **The purpose** *of review journals is to determine the index erythrocytes experienced by first trimester pregnant women.* **The method** *used literature review with design PICOS (Population / problem, Intervention, Comparation, Outcome, and Study design) and the keywords "erythrocyte index" AND "first trimester pregnant women". The results obtained from the database of Google Scholar and PubMed 25 journals were then filtered based on a period of less than five years with the same problems and obtained as many as 5 titles.* **The results** *obtained in Hidayah (2020) were 77.8% normocytic normochromic anemia and 22.2% abnormal conditions, Wirahartari (2019) obtained 51.06% microcytic hypochromic anemia, 13.83% normocytic hypochromic anemia, 34.04% anemia. normocytic normochromic, and 1.06% macrociter anemia. Kumalasari (2019) obtained 13.33% microcytic hypochromic and 86.67% normocytic normochromic anemia. Juliana (2017) scores MCV in the microcytic category and MCH in the hypochromic category. Saad Bakrim (2018) obtained MCHC scores.* **The conclusion** *was that the respondents had microciter hypochromic anemia.* **Suggestion** *expected to providepregnant woman could consume nutritious food's especially in trimester 1.*