

## GIVING DATES TO INCREASING HEMOGLOBIN LEVELS IN TRIMESTER III PREGNANT WOMAN AT BPM MUJIYEM AMD.KEB

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### ABSTRACT

**Background** : Pregnancy is a natural process, changes that occur during normal pregnancy are physiological. Pregnant women tend to develop anemia because they hemoglobin with a volume increase of 30% to 40%. Effort that can be made to overcome anemia that occur when pregnant women consume fe tablets and nutritious foods that are high in iron such as green vegetables, eggs and dates. Date palm juice is a drink that contains high iron which is 0.9mg of 100 grams of dates (11% AKG) which can increase hemoglobin levels. **Objective** : To find out the results of implementation of giving palm juice for increased hemoglobin levels in pregnant woman trimester III. **Method** : descriptive observative research used to measure the increase in hemoglobin levels f pregnant woman by giving dates for one week with a dose of 3×15mg which was observed before and after administration of dates using the gchb tool. **Result** : Before giving dates Hb levels of respondents 9.3gr/dL of L and N respondents 9.8gr/dL after giving palm juice extract increased by 9.6gr/dL of respondents L and 10.2gr/dL for respondents N. **Conclusion** : Giving palm juice can increase hemoglobin levels in pregnant women on average by 0.35gr/dL.

**Keyword** : dates palm juice, pregnant women anemia, hemoglobin level.