

GIVING CHICKEN EGGS TO IMPROVE THE LEVELS OF HEMOGLOBIN IN MATERNAL TRIMESTER II

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ABSTRACT

Background: Pregnant women tend to develop anemia because they experience hemodilution with an increase in blood volume of 30% to 40%. Anemia can cause miscarriage, premature birth, prolonged labor because it does not contract, postpartum bleeding Efforts that can be made to overcome anemia that is predisposed to pregnant women include giving the mother fe tablet and striving for the mother to always eat nutritious foods, one of which is chicken eggs. **Objective:** To find out the results of the implementation of giving boiled chicken eggs to increase hemoglobin levels in trimester II pregnant women. **Method:** An observative descriptive study because it illustrates the application of boiled chicken eggs in second trimester pregnant women to an increase in hemoglobin level of 1 item per day given for 14 days and observed before and after administration of boiled chicken eggs. **Results:** Giving boiled chicken eggs for 14 days in both respondents the hemoglobin level can increase by an average of 2.75 gr / dL. **Conclusion:** Giving boiled chicken eggs for 14 days can increase hemoglobin levels in pregnant women.

Keywords: pregnant women, boiled chicken eggs, hemoglobin

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