

# Consumption Guideline and Monitoring Card Can Increase the Amount of Iron Folat Acid and Haemoglobin Level of Pregnant Women

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## **Abstract**

Pregnant women are one of the groups who easily suffer from health problems or are vulnerable to malnutrition during pregnancy. The problem that often occurs is that there are still many pregnant women who experience malnutrition problems that cause anemia. Purpose of the study was to determine the effect of giving monitoring cards and guideline for consuming Iron Folat Acids (IFA) on the amount of IFA consumption and hemoglobin levels of pregnant women in Padang Serai Public Health Center, Bengkulu City. The research design was a quasi-experimental research using a pre-test and post-test with control group. The sampling technique used is purposive sampling. The sample number is 42 people and 21 in each group. The intervention given was a monitoring card and consumption guideline, while the control group was only given consumption guideline. Monitoring of tablet consumption is carried out by the husband or relatives every day. The equipment for hemoglobin levels used hemoglobinometer digital. HB level was measured after 1 month of consuming IFA. The results described that the mean difference in the consumption of IFA and hemoglobin levels between groups was 1.86 (p-value 0,042) and the hemoglobin level was 0.36 (p-value 0,047). The provision of monitoring cards and guideline for the consumption of IFA can increase the amount of IFA consumed and hemoglobin in pregnant women.

## **Keywords**

Anemia, IFA Tablet, Hemoglobin, Monitoring Card, Pregnant Women