

Implementasi Health Education Pemanfaatan Daun Kelor Pada Ibu Hamil Yang Mengalami Anemia Di Puskesmas Dahlia

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ABSTRACT

Background: Anemia in pregnant women is a dangerous condition because it can cause serious complications such as premature birth, low birth weight, and even maternal death. One natural way to prevent anemia is by consuming Moringa leaves. **Objective:** To determine the implementation of an educational program on the use of Moringa leaves to improve the knowledge of pregnant women. **Method:** A descriptive case study of two pregnant women at the Dahlia Community Health Center. The intervention was carried out for 15-20 minutes for 3 consecutive days. Data were collected through interviews, observations, and hemoglobin examinations. **Results:** Subject I's hemoglobin increased from 9.7 g/dl to 10.2 g/dl, and subject II's from 9.8 g/dl to 10.3 g/dl. There was an increase in hemoglobin. **Conclusion:** Education on the use of Moringa leaves can improve knowledge and hemoglobin and can be implemented as a non-pharmacological intervention. **Suggestion:** This education can be implemented at the patient's home with family support and can serve as an educational reference for students and nursing staff.

Keywords: Anemia, Pregnant Women, Moringa Leaves, Education