

# **Education and innovation in the management of anemia prevention for pregnant women by giving "Camil Flower" Juice, Dragon Fruit Juice and Honey to Prevent Anemia in Pregnant Women**

**Putri Azzahroh<sup>1\*</sup>, Latifah<sup>2</sup>, Aenurida<sup>3</sup>, Reza Islamiati<sup>4</sup>, Tiurma Folorida<sup>5</sup>,**

**Marlinang Sihombing<sup>6</sup>, Saripah Yuniar<sup>7</sup>, Utami Megawati<sup>8</sup>, Larontina**

**Situmorang<sup>9</sup>**

*1,2,3,4,5,6,7,8,9 Midwife Profesional Education Department, Faculty Of Health Sciences,*

*Universitas Nasional Jakarta*

\*Corresponding Author: Putri Azzahroh, Faculty of Health Sciences, National University, Jakarta, email: [putriazzahroh@civitas.unas.ac.id](mailto:putriazzahroh@civitas.unas.ac.id)

Submission date: 12-01-2024; Date of received: 21-02-2024

## **Abstract**

Health issues receive serious attention from various elements of society. One way to overcome health problems in the community is to carry out community service. Community service is an activity that aims to help the community in several activities to overcome the problems they face by actively participating in the health development process and increasing community empowerment without expecting rewards in any form. Carry out community service activities by carrying out activities ranging from secondary data collection to intervening and evaluating field activities. Community midwifery practice carried out by Midwife Professional Education Students of National University Batch 6 Group 5 with practice areas at Yusma Medika Clinic which was carried out at Duren Jaya Health Center, Duren Jaya Village, East Bekasi District, Bekasi City, has been carried out with the following stages: Orientation, Secondary Data Collection, Focus Group Discussion (FGD), Planning Of Action (POA), Intervention activities in the form of counseling on "Camil Manise" (Prevent Anemia in Pregnant Women with nutritious foods and Fe supplements) as well as giving herbal drinks "Camil Flowers" (Dragon Fruit and Honey Prevent Anemia in Pregnant Women), and ended with Evaluation, Closing. Community service activities in the form of counseling "Camil Manise" (Preventing Anemia of Pregnant Women with Nutritious Food and Fe Supplementation) and giving herbal drinks

"Camil Flower" (Dragon Fruit and Honey Prevents Anemia in pregnant women) is expected to make pregnant women understand more about anemia and can do proper prevention, one of which is by consuming herbal drinks dragon fruit and honey. Community service activities in the form of counseling young women about 'CAMIL MANISE' where health information is given on how to prevent anemia with nutritious food and Fe supplementation.

**Keywords: Midwifery community, camil manise.**

## **Introduction**

Health problems have come under serious scrutiny from various elements of society. Along with the increase in science and technology, people's enthusiasm for health has also increased, people have opened their eyes that health is a basic need that can determine their quality of life later. One way to solve health problems in the community is to carry out community service activities.<sup>1</sup>

Data from the Bekasi City Health Office (2017) shows that the proportion of anemia in pregnant women reaches 26.4%. Research conducted on pregnant women in Bekasi City regarding anemia of pregnant women was found with anemia by 35%. Anemia is susceptible to pregnant women caused by the need for iron absorption to experience blood lightening in TM 2. Iron needs of pregnant women are 10-15 mg per day.<sup>2</sup>

One of the programs from the Ministry of Health to overcome anemia in pregnant women is to run a program of giving blood-added tablets with a target of 40%. The purpose of this program is to improve the nutritional status of pregnant women and prevent anemia and increase iron reserves in the body.<sup>3</sup> Every pregnant woman is required to take FE 90 tablets during pregnancy.<sup>4</sup>

Puskesmas Duren Jaya followed up on this problem by intensifying the prevention and control of anemia in pregnant women, prioritizing the provision of TTD regularly and continuously.

In relation to the above, community station practice students of the Midwife Professional Education Study Program, Faculty of Health Sciences, National University of Jakarta, who are obliged to improve public health welfare, hold FGD activities "*Forum Group Discussion*" and intervene according to problems that have been selected as priorities. The need for this activity is because

it is useful to increase community participation to solve and take part in solving problems in the community independently and health workers only provide facilities to the community in the form of data collection, problem formulation and counseling. In relation to the above, we have carried out community midwifery practices in the form of community service at one of the Puskesmas in Duren jaya Village, East Bekasi District with the title "Community Service Report at Duren Jaya Health Center, Duren Jaya Village, East Bekasi District, Bekasi City in 2023". This report is authentic evidence that can describe all series of activities accompanied by other supporting documents. <sup>5</sup>

### **Method**

The materials prepared in community service activities are:

- a Extension materials
- b Leaflets
- c Video
- d Banners

Tools prepared include:

- a. Laptop
- b. LCD
- c. Speakers

The ingredients used in making 'CAMIL' juice are:

1. 100 grams of dragon fruit
2. 1 tbsp honey
3. 250 ml boiled water

The tools used in making 'CAMIL' juice are:

1. Blender
2. Spoon
3. Knife
4. Chopping board
5. Sieve (if necessary)
6. Container 1 piece
7. Bottles of 250 ml 50 pieces
8. Stickers 50 pieces

How it Works

- a. Prepare the tools and materials.

- b. Wash dragon fruit
- c. The fruit is split and the flesh is taken
- d. Dragon fruit diced
- e. Blend dragon fruit mixed with honey and boiled water  
and strain
- f. The juice is ready to be enjoyed.

#### Extension

- a. Name of Activity : CAMIL MANISE Counseling "Preventing Anemia in Ibu hamiL with MAkaNan BergIzi and FE Supplementation".
- b. Venue : PKM Duren Jaya Hall
- c. Time : Monday, November 27, 2023
- d. Target : Pregnant Women
- e. Activity Process: Conducted counseling on 'CAMIL MANISE' using videos, power points and leaflet media (Definition, Causes, Impacts, How to prevent, and How to get TTD, How to drink, Side Effects and How to overcome them).

#### Results

##### A. The planning phase begins with an area orientation

- a. Planning
- b. Making activity permits
- c. Secondary data collection
- d. Focus Group Discussion (FGD)
- e. Preparation of Action Plan (POA)

##### 2. Intervention

###### a. Counseling

Counseling was carried out for pregnant women at the Duren Jaya Health Center using video playback media, presentation about CAMIL MANISE (Preventing Anemia in Pregnant Women with Nutritious Food and Fe Supplementation). In addition to exposure, brochures were also given to pregnant women, lasting for 30 minutes.

- b. Giving Herbal Drinks Giving herbal drinks "Camil Flowers" (Dragon Fruit Prevents Anemia in Pregnant Women) Pregnant women are given honey dragon fruit juice drinks that have been packaged in bottles and attached stickers, and told the recipe and how to make it through demonstration videos conducted by students and continued by drinking "Camil Flower" juice.

### 3. Evaluation

Pregnant women who participated in the counseling "Camil Manise" and drank herbal juice "Camil Flowers" totaled 15 people and knew the impact of anemia, the importance of preventing anemia and the importance of taking iron tablets. The knowledge of pregnant women about anemia has increased as evidenced by the presence of 5 trainers who ask questions about anemia and are able to answer questions given by informants. Pregnant women drink the herbal juice "Camil Flower" and love the taste and know the recipe and how to make it at home.



Figure 1. Community Activities

## Discussion

Community midwifery services are efforts made by midwives to solve health problems for pregnant women in the family and community. The government's effort in overcoming anemia in pregnant women is to carry out a program of giving blood-boosting tablets to adolescent girls with a target of being given 30 tablets per 1 month so as to overcome anemia in pregnant women. reduce the number of pregnant women who have anemia. <sup>6</sup>

Another way to meet the needs of iron in the body is to eat foods that contain iron, such as meat, green vegetables, tempeh, tofu, and fruits such as dragon fruit. Dragon fruit can be processed into fresh drinks and contains many nutrients, including 0.16 mg of iron and protein. This is in accordance with research. <sup>7</sup> that there is an effect of dragon fruit on increasing hemoglobin levels and this is also in line with research. <sup>8</sup> that giving dragon fruit juice can affect the Hb levels of pregnant women who have anemia and with the content of vitamin C, vitamin B1, vitamin B2, carbohydrates, protein, antioxidants and iron can prevent anemia. Honey has a role in increasing endurance and stamina, honey also contains iron which can increase the number of erythrocytes in the body. <sup>9</sup>

Consuming juice has its own pleasure in addition to its fresh and sweet taste that makes young women addicted to continue consuming it, if iron can be absorbed properly then the formation of new blood cells will also occur well and smoothly. This activity has a positive influence on community participation in improving public health, by knowing the number of anemia in pregnant women from the results of hemoglobin (Hb) level examination conducted by the Duren Jaya Health Center team so that it can be followed up and evaluated on anemic pregnant women. <sup>10</sup>

This activity also affects the knowledge of pregnant women about anemia in adolescents, increasing the knowledge of pregnant women can be seen from the questions asked by pregnant women and questions asked by resource persons during the counseling process. This activity is expected to continue after the implementation of community midwifery practices with the guidance and supervision of environmental



officials in Duren Jaya Village.

## **Conclusion**

Community service activities in the form of counseling to young women about 'CAMIL MANISE' where health information was given on how to prevent anemia with nutritious food and Fe supplementation. This counseling is one way to increase the understanding of pregnant women in order to prevent anemia early. Anemia in pregnant women can increase the risk of death during childbirth, and low preterm birth weight babies. In addition to counseling, efforts to prevent anemia using pharmacological treatment are by giving blood-boosting tablets, while

Prevention of anemia in a complementary way can be done by consuming dragon fruit that contains high iron, protein and vitamin C which plays a role in iron absorption and coupled with honey, because honey plays a role in increasing immunity and stamina. Innovations applied related to herbal complementary medicine are "CAMIL FLOWERS" Dragon Fruit Juice Prevents Anemia in Pregnant Women"

## **Acknowledgment**

We would like to thank the health workers in the Duren Jaya Health Center work area, cadres, land guidance who have helped a lot, and the National University of Jakarta who have supported community service activities, as well as other parties. Those who have helped in these activities, this community service.

## **Conflict of Interest**

In the community service that has been carried out, we did not encounter any obstacles either during community service or during the preparation of this paper. We as all writers work well with each other in compiling this paper.

## **References**

1. Poltekkes Kemenkes Semarang. Research and Community Service; 2021. [http://analisis.poltekkesmg.ac.id/?page\\_id=349#:~:text=Tujuan%20dilakukanny%20devotion%20to%20community,active%20in%20process%20development%20health](http://analisis.poltekkesmg.ac.id/?page_id=349#:~:text=Tujuan%20dilakukanny%20devotion%20to%20community,active%20in%20process%20development%20health)
2. Bekasi City Health Office. (2017). *Bekasi city health profile*
3. Ministry of Health R.I. Health Profile of Indonesia. Jakarta: Ministry of Health of the Republic of Indonesia; 2018.
4. Ministry of Health R.I. Health Profile of Indonesia. Jakarta: Ministry of Health of

- the Republic of Indonesia; 2021.
5. Sari, Purnama E. Increasing maternal knowledge about preventive efforts for Ispa disease in toddlers through Focus Group Discussion (FGD). *Adi Husada Nursing Journal*. 2016; 2(2):32-34.
  6. Health Development Research Agency of the Ministry of R.I. Basic Health Research in 2018. Jakarta: Ministry of Health of the Republic of Indonesia; 2018.
  7. Aulya Y, Silawati V, Margareta E. Effectiveness of dragon fruit juice on increased haemoglobin levels in III trimester pregnant women. *SMART Journal of Midwifery*. 2021; 8(1):54-63.
  8. Marwang S, Passe S, Sudirman J. Increased haemoglobin levels by administering dragon fruit juice in anemic adolescent girls. *PANNMED Scientific Journal*. 2023; 18(1).
  9. Nurrahman NH, Anugrah DS, Adelita AP, Sutisna AN. Factors and Impact of Anemia in Children, Adolescents and Pregnant Women. *Journal of Science, Technology and Entrepreneur*. 2021; 2(2):46–50.
  10. Aulya Y, Silawati V, Margareta E. Effectiveness of dragon fruit juice on increased haemoglobin levels in III trimester pregnant women. *SMART Journal of Midwifery*. 2021; 8(1):54-63.