

ANALYSIS OF THE IMPLEMENTATION OF THE IRON TABLET PROGRAM FOR PREGNANT WOMEN

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ABSTRACT

Iron deficiency anemia in pregnant women is a significant public health issue in Indonesia, including in Bandar Lampung City. Although the iron tablet supplementation program has been implemented, the compliance rate among pregnant women in taking the tablets remains low, which could potentially lead to serious complications for both the mother and the fetus. This study aims to analyze the implementation of the iron tablet supplementation program and the factors influencing compliance among pregnant women. This study aims to understand the management of the iron tablet distribution program for pregnant women in Bandar Lampung City, identify factors influencing compliance, and design solutions to improve pregnant women's adherence to iron tablet consumption. This study uses a qualitative approach with in-depth interviews and focus group discussions (FGD) with stakeholders, including health workers and pregnant women. Data were collected from 31 community health centers in Bandar Lampung City and analyzed to identify relevant problems and solutions. The study found that despite routine distribution of iron tablets, compliance among pregnant women remains low. Factors influencing compliance include lack of understanding about the benefits of iron tablets, perceived side effects, and insufficient family support. The innovative “CERIA-FE” program, which involves regular education and tracking of iron tablet consumption, is proposed as a solution to improve compliance. The implementation of the iron tablet distribution program in Bandar Lampung City needs to be strengthened with a more engaging and interactive educational approach, and by involving families in the monitoring process. Innovations like “CERIA-FE” are expected to increase pregnant women's compliance in taking iron tablets, thereby reducing the incidence of anemia and improving the health of mothers and fetuses.

Keywords: anemia in pregnant women; bandar lampung city health department; CERIA-FE program; consumption compliance; health belief model (HBM); iron tablets; nutrition education

INTRODUCTION

Iron deficiency anemia (IDA) is a significant health problem in Indonesia, especially among pregnant women. High prevalence of anemia can cause serious complications for both the mother and the fetus. An iron tablet supplementation program has been implemented to address this issue; however, the compliance rate among pregnant women in taking iron tablets remains low. This study aims to analyze the implementation of the program in Bandar Lampung City, identify factors influencing compliance, and design solutions to improve compliance among pregnant women.

METHOD

This study uses a participatory qualitative approach with a focus on solving the problem of low compliance among pregnant women in taking iron tablets through the implementation of an innovative educational program called CERIA-FE (Catat Edukasi Rutin Ibu Hamil dengan Aman). Alternative solutions were developed based on the results of situation analysis, problem identification, and priority matrix, which indicated that uninteresting and unsustainable education was the main cause of low compliance. Therefore, the researchers developed an intervention strategy based on interactive education and structured recording involving cadres, health workers, and families.

The solution was implemented through advocacy, the formation of an innovation team, training, and the implementation of educational activities at health posts, accompanied by routine monitoring using CERIA-FE cards and KIA books. The results of the implementation were evaluated through feedback from the community and health workers to ensure the sustainability of the program and improve the effectiveness of the intervention.

RESULT AND DISCUSSION

The study results indicate that although the coverage of iron tablet distribution to pregnant women in Bandar Lampung City is already high, compliance with consumption remains low, leading to high rates of anemia in some areas. The main factors influencing low compliance are pregnant women's lack of understanding of the benefits of iron tablets, perceived side effects (such as nausea and constipation), ineffective education, as well as minimal family support and a weak consumption monitoring system. Through the innovative educational intervention “CERIA-FE,” which is conducted regularly and interactively by health workers and staff, accompanied by documentation of education and consumption using monitoring cards and KIA books, there has been an increase in pregnant women's participation in the program. The implementation of the program also strengthened cross-sectoral coordination and demonstrated the potential for improved compliance if education is conducted continuously, engagingly, and integrated with clear monitoring.

The study results indicate that despite the routine implementation of the iron tablet (Fe) distribution program, compliance among pregnant women remains low. Factors influencing this compliance include insufficient understanding of the benefits of iron tablets, perceived side effects, and limited family support. Ineffective education and insufficient interaction between health workers and pregnant women also pose challenges in improving compliance.

CONCLUSION

This study provides important insights into the implementation of the iron tablet distribution program in Bandar Lampung City and the factors influencing compliance among pregnant women. More integrated and innovative efforts are needed to improve compliance in taking iron tablets, thereby reducing the incidence of iron-deficiency anemia among pregnant women. As a result, the health of mothers and fetuses can be well maintained, and the quality of life of the community can improve.

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