



Implementation of Giving Date Juice to Increase Hemoglobin Levels in Patients with Anemia

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ABSTRACT

Introduction: Anemia is a disease characterized by a lack of red blood cells in the blood or what can be called hemoglobin (HB) levels in the blood that are lower than normal values. The diagnosis of anemia can be made if the hemoglobin level is <12g/dl in women and <13g/dl in men.

Objective: This study was conducted to present the intervention of giving date palm juice to increase hemoglobin levels in anemia patients.

Method: The research design used by the author is a case study with a nursing approach where this research was carried out by collecting data starting from assessment, diagnosis, planning, implementation of activities and implementation of focused assessment. In this case study, a descriptive method was used with the main aim of problem exploration and an indepth analysis of anemia nursing was carried out to provide an overview of the case study.

Result: The nursing diagnosis of ineffective peripheral tissue perfusion is related to decreased HB. The intervention of giving date palm juice was given for 10 days with 3 tablespoons a day. After the intervention was carried out, the nursing problem of ineffective peripheral tissue perfusion for the client was resolved, indicated by the HB value which was originally below the normal range. with an HB value of 10.8 gr/dl. After being given intervention, it increased to the normal range with HB results of 11.8 gr/dl.

Conclusion: Giving date juice has proven to be useful in increasing Hemoglobin level.

Keywords: Anemia, Date Juice, Hemoglobin

Introduction

Anemia is a disease that is often found throughout the world. Anemia is a disease characterized by a lack of red blood cells in the blood or what can be called hemoglobin (Hb) levels in the blood that are lower than normal values. The diagnosis of anemia can be made if the hemoglobin level is <12g/dl in women and <13g/dl in men. According to (WHO) Anemia is also caused by a lack of iron intake (WHO). Iron is a substance in the human body that is closely related to the availability of Hemoglobin or a very important component in Hemoglobin. Hemoglobin is a metalloprotein in red blood cells which functions as a transporter of oxygen from the lungs to all body tissues (Casiday & Frey). Hemoglobin concentration can reduce the level of Iron deficiency. Iron deficiency can result in a decrease in hemoglobin. Decreased hemoglobin can cause anemia(Murphy).

Anemia incidence rate: According to the World Health Organization (WHO), 1.62 billion people worldwide suffer from anemia (prevalence: 47.4% in infants, 25.4% in school children, 41.8% in women of childbearing age, and 12.7% in men). In Indonesia, anemia is also a major health problem. The prevalence of anemia in Indonesia is said to be very high, especially among the younger generation. The prevalence of anemia in teenagers is 32%, which means 3 to 4 out of 10 teenagers suffer from anemia. Based on data from the West Java Health Service in 2021, cases of anemia in the female adolescent group reached 68.3%. Meanwhile, in the Banjar City General Hospital, anemia is in the 10th position of the top 10 diseases in the Banjar City General Hospital emergency room.

Objective

This writing is to gain real experience and knowledge, as well as being able to carry out the Nursing Process for Anemia with the Nursing problem of Deficiency in Hemoglobin levels starting from Assessment, Diagnosis, Intervention, Implementation and Evaluation, which is based on Nursing Science and Tips with a Nursing Process Approach.

Method

The research design used by the author is a case study with a nursing approach where this research is carried out starting from assessment, data collection, analysis preparation, planning, implementation and management in evaluation. This case study uses a descriptive method with the main aim of problem analysis and providing an overview of the case study as well as an in-depth analysis of anemia through analyzing the prevalence of chronic peripheral tissue disease which is related to low hemoglobin in the body. Giving date juice to increase hemoglobin levels in anemia patients in the emergency room at Banjar Regional Hospital. The subject used in this research was a client who suffered from anemia due to ineffective peripheral tissue perfusion problems in the emergency unit of the Banjar City Regional Hospital. Place and Time This case study was carried out for 10 days starting from 6 June 2024 to 16 June 2024 in the emergency room at Banjar Regional Hospital and at the client's home.

Results

The results of this intervention are supported by the results of research conducted by Hua Research (Setiowati, 2018), where date juice was given using a spoon. Before giving date palm juice, the client's Hb level was below normal, but after giving date palm juice, the client's HB level increased to normal.

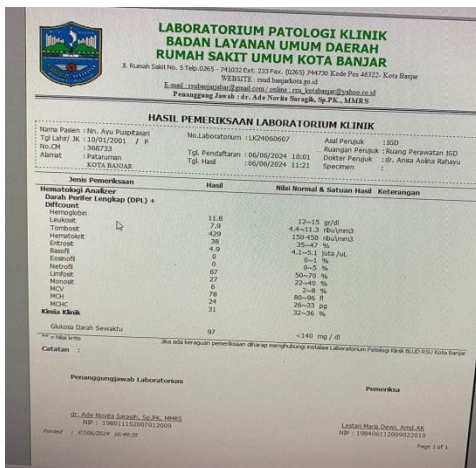
Laboratory Results Before being given date juice, the client's hemoglobin value was 11.8gr/dl. After being given 3 tablespoons of date juice per day for 10 days, the client's hemoglobin value increased to 12.8 gr/dl, there was an increase in hemoglobin levels.

Table 1.

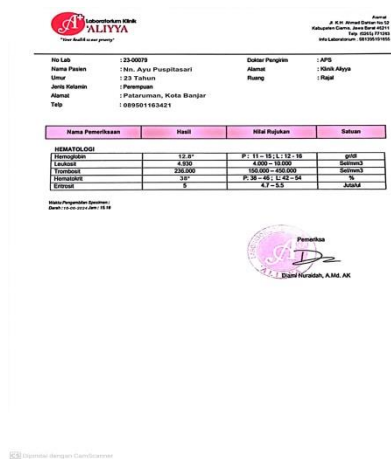
Nursing diagnoses	Nursing Implementation	
	06 Juni 2024 First day	16 Juni 2024 Last day
Ineffective peripheral tissue perfusion B.d Decreased hemoglobin	a. TTV monitors - BP: 100/60 mmHg -P:100x/minute - RR: 20x/minute -S: 36.80C -SpO2: 99% -HB: 11.8gr/dl b.Teach diet program -Clients are able to do this by eating a balanced diet and consuming Date Juice (al-jazira) 3 tablespoons a day c.Position the client comfortably - Client is in supine position (Supination) d.Collaboration in providing therapy - The client has a 20 tpm RL infusion - given Ranitidine and Onda	a. TTV monitors - BP: 110/70 mmHg - P: 90x/minute - RR : 18x/minute - S: 36.5oC - SpO2: 98% b. Take blood samples to take to the laboratory -The client's hemoglobin value increased, namely: 12.8gr/dl c. Teach a diet program -Clients are able to maintain their diet with balanced nutritional food

Picture 1

of hemoglobin values before and after giving date palm juice intervention



Hemoglobin value before date juice intervention



Hemoglobin value after date juice intervention

Discussion

When conducting an assessment on Ms. On June 6 2024, the initial stage carried out was an assessment of weakness, dizziness, and dizziness in the eyes. The weakness increases if the client does a lot of activity and the weakness is resolved if the client rests in bed. Then the vital signs are checked with the results of blood pressure 100 times per minute, pulse 100 times per minute, respiration 20 times per minute, temperature 36.80C, SpO2 99%, CRT>2 seconds

Implementation or implementation carried out on the first day of Ms. A, namely Monitor vital signs with results: BP: 100/60 mmHg, P: 100x/minute, RR: 20x/minute, S: 36.80C, SpO2: 99% Teach a diet program to increase hemoglobin levels: The client is able to eat balanced nutrition and drink date juice (al jazira) 3 tablespoons a day. Position the client comfortably: The client is in a supine position (supination). Collaboration with the doctor in administering therapy: An infusion of RL, ranitidine, ondansetron was installed, with the client's hemoglobin level: 11.8 gr/dl. On the second day of implementation, blood pressure data was obtained at 110/70 mmHg, P: 90x/minute, RR: 18x/minute, S: 36.50C, SpO2: 98%. The weakness has improved. Drink date juice, continue 3 tablespoons per day. Client in supine position. Drug therapy is administered. On the third day of implementation, the patient's condition had improved and had gone home, but the intervention of drinking 3 tablespoons of date juice per day was continued at home until the 10th day while monitoring. On the fourth to ninth day the client was monitored when drinking date juice, results: the client routinely drank 3 tablespoons of date juice per day. Then on the 10th day the client's vital signs were again measured with BP results: 110/70 mmHg, P: 90x/minute, RR: 18x/minute, S: 36.50C, SpO2: 98%. Then a blood sample was taken from the client to be taken to the laboratory to check the client's HB value, with laboratory results: Hemoglobin increased. After being given 3 tablespoons of date juice per day for 10 days, the client's hemoglobin value increased to 12.8 gr/dl. And the client looked better and had no complaints on the 10th day.

Conclusion

After carrying out nursing care on Ms. A with a medical diagnosis of anemia, the author can draw conclusions from 5 nursing processes consisting of assessment, nursing diagnosis, nursing intervention, nursing implementation and nursing evaluation, namely as follows:

1. Nursing assessment is an initial stage of the nursing process which aims to collect client data and explore client problem data. The results of the first assessment on June 6 2024 found Ms. A, namely weakness, is characterized by HB decreasing below normal, namely 11,8 gr/dl.
2. Nursing diagnoses that can be drawn based on patient complaints from the results of the initial assessment are ineffective peripheral tissue perfusion related to decreased HB.
3. The plan formulated in this problem is nursing action that is appropriate to the problem faced by the client using existing facilities and infrastructure. To overcome complaints of weakness due to the client's HB decreasing, intervention or nursing planning is carried out, namely giving date palm juice to increase the client's hemoglobin level.
4. Implementation of nursing actions on Ms. A with anemia can be carried out in accordance with the nursing plan that has been formulated in the nursing plan, one of which is giving date palm juice with the aim of increasing hemoglobin levels.
5. The author can evaluate the nursing care that has been implemented and assess the discussion. In the results obtained, the author did not find any gaps between theory and data found in the field. The evaluation that has been carried out refers to the goals to be achieved and re-plans follow-up nursing care in accordance with the evaluation that has been carried out.
6. Based on the entire series of nursing care processes that the author carried out on Ms. A with ineffective peripheral tissue perfusion problems associated with decreased HB, the author can draw the conclusion that giving date palm juice can increase hemoglobin levels to normal limits.

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