



KEHAMILAN AMAN BERBASIS RISIKO DAN KESELAMATAN IBU-JANIN

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Kehamilan Aman Berbasis Risiko dan Keselamatan Ibu-Janin

Ratna Wulan Purnami, S.ST., M.Kes., dkk

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KATA PENGANTAR

Puji syukur ke hadirat Tuhan Yang Maha Esa atas rahmat dan karunia-Nya, sehingga buku ajar berjudul *Kehamilan Aman Berbasis Risiko dan Keselamatan Ibu-Janin* ini dapat diselesaikan dengan baik.

Melalui pembahasan yang disusun secara sistematis dan komunikatif, buku ini menguraikan konsep dasar mengenai kehamilan aman dengan teknik berbasis risiko, yang mencakup upaya deteksi dini, pencegahan komplikasi, serta peningkatan keselamatan ibu dan janin selama masa kehamilan hingga persalinan.

Buku ini diterbitkan untuk masyarakat umum, sehingga dapat diakses dan dipahami oleh siapa pun yang membutuhkan pemahaman terkait kesehatan ibu hamil dalam berbagai kondisi risiko. Diharapkan buku ini mampu menambah wawasan, meningkatkan pemahaman, serta menjadi referensi dalam mempelajari aspek biologis, psikososial, dan pelayanan kesehatan pada kehamilan aman berbasis risiko secara lebih mendalam.

Jakarta, Juli 2026

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Buku ajar berjudul **Kehamilan Aman Berbasis Risiko dan Keselamatan Ibu-Janin** ini menyajikan pemahaman menyeluruh mengenai cara menjaga kehamilan tetap aman dengan memperhatikan berbagai faktor risiko yang dapat memengaruhi kesehatan ibu dan janin. Setiap tahap kehamilan dibahas dengan fokus pada upaya pencegahan gangguan, pengenalan tanda-tanda yang perlu diwaspadai, serta langkah-langkah menjaga kondisi tubuh agar tetap sehat dan stabil.

Melalui bahasa yang mudah dipahami, buku ini membantu pembaca mengenali kebutuhan penting selama masa kehamilan seperti pola makan, istirahat, pemantauan kondisi tubuh, serta kesiapan menghadapi perubahan yang terjadi. Ditujukan untuk masyarakat umum, buku ini menjadi panduan praktis dalam mendukung terciptanya kehamilan yang lebih aman dan nyaman bagi ibu serta perkembangan janin yang optimal.