

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIII KEBIDANAN**

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**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. F DI PRAKTIK
MANDIRI BIDAN DINCE SAFRINA KOTA PEKANBARU TAHUN 2021.
x+127 halaman+ 6 tabel + 11 lampiran**

ABSTRAK

Sebagai tenaga kesehatan yang kontak langsung dengan pasien, bidan ikut berperan dalam menurunkan angka kesakitan dan kematian pada ibu dan bayi. Peran bidan ini dilakukan dengan memberikan asuhan kebidanan yang menyeluruh dan berkesinambungan atau *Continuity of Midwifery Care (COMC)*. Asuhan ini diberikan pada Ny. F G₃P₂A₀ dengan usia kehamilan 33-34 minggu di PMB Dince Safrina pada bulan November 2020 sampai Januari 2021. Asuhan berupa kunjungan hamil 4 kali, kunjungan bersalin 1 kali, kunjungan nifas dan neonatus 3 kali. Selama kehamilan masalah yang ibu alami yaitu ketidaknyamanan fisiologis di TM III yaitu nyeri perut bagian bawah dan kontraksi *Braxton Hicks* yang dapat diatasi dengan anjuran yang diberikan saat melakukan pendidikan kesehatan, seperti kompres hangat pada bagian yang nyeri, senam hamil, asuhan rutin lainnya yaitu minum tablet Fe, edukasi tentang perawatan payudara, pantau pergerakan janin, dan persiapan persalinan. Pertolongan persalinan dilakukan sesuai standar Asuhan Persalinan Normal (APN) dan berlangsung normal. Proses persalinan kala I berlangsung 7 jam dan diberikan asuhan mengurangi rasa nyeri dengan melakukan masase pada punggung dan teknik relaksasi. Mempercepat penurunan kepala dengan duduk di bola persalinan (*birth ball*). Kala II berlangsung 30 menit dan ditemukan 2 lilitan tali pusat, tetapi tidak mempengaruhi penurunan kepala pada saat kala II. Masa nifas ibu berlangsung normal tidak ditemukan masalah ataupun komplikasi. Pada nifas diberikan konseling KB, senam nifas dan perawatan payudara. Hasil asuhan pengeluaran ASI lancar dan involusi berjalan normal. Pada neonatus selain asuhan rutin juga diberikan asuhan pijat bayi yang membantu tidur bayi lebih lelap dan peningkatan berat badan sebanyak 800 gram yaitu dari 3500 menjadi 4300 gram. Bidan sangat diharapkan dapat menerapkan asuhan yang menyeluruh dan berkesinambungan dalam memberikan asuhan pada kehamilan, persalinan, nifas, neonatus serta asuhan dapat berkontribusi dalam menurunkan angka kesakitan dan kematian pada ibu dan neonatus

Kata Kunci : *Asuhan Hamil, Bersalin, Nifas, Neonatus Komprehensif*
Daftar Bacaan : 32 referensi (2010-2018)

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
HEALTH POLYTECHNIC OF RIAU MINISTRY OF HEALTH
DIII MIDWIFERY STUDY PROGRAM**

FINAL TASK REPORT, APRIL 2021

EMI EFRIDA SILABAN

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. F IN
INDEPENDENT MIDWIFERY PRACTICE DINCE SAFRINA
PEKANBARU CITY IN 2021.**

X + 127 pages + 6 tables + 11 appendices

ABSTRACT

As health workers who have direct contact with patients, midwives play a role in reducing morbidity and mortality rates for mothers and babies. The role of the midwife is carried out by providing comprehensive and continuous midwifery care or Continuity of Midwifery Care (COMC). This care was given to Mrs. F G₃P₂A₀ with a gestational age of 33-34 weeks at PMB Dince Safrina from November 2020 to January 2021. Care in the form of pregnancy visits 4 times, maternity visits 1 time, postpartum and neonatal visits 3 times. During pregnancy, the problems that the mother experiences are physiological discomfort in TM III, namely lower abdominal pain and Braxton Hicks contractions which can be overcome by the recommendations given during health education, such as warm compresses on the painful area, pregnancy exercise, other routine cares include taking Fe tablets, education about breast care, monitoring fetal movements, and preparing for delivery. Delivery assistance was carried out according to the standards of Normal Childbirth Care (APN) and proceeded normally. The first stage of labor lasted 7 hours and was given care to reduce pain by doing back massage and relaxation techniques. Accelerate head descent by sitting on a birth ball. The second stage lasted 30 minutes and found 2 twists of the umbilical cord, but it did not affect the descent of the head during the second stage. The mother's postpartum period was normal; no problems or complications were found. During the puerperium, family planning counseling, postpartum exercise and breast care were given. The results of breastfeeding care were smooth and involution was running normally. In addition to routine care, neonates were also given baby massage care which helped the baby sleep more soundly and increased body weight by 800 grams, from 3500 to 4300 grams. Midwives are expected to be able to implement comprehensive and continuous care in providing care in pregnancy, childbirth, postpartum, neonates and care can contribute to reducing morbidity and mortality in mothers and neonates.

Keywords: *Maternity Care, Maternity, Postpartum, Comprehensive Neonate*
Reading List : 32 references (2010-2018)