

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

**LAPORAN TUGAS AKHIR, MEI 2021  
ILVA YUWANDA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. L DI PMB ROSITA  
PEKANBARU TAHUN 2021**

**140 HALAMAN, 4 TABEL, 24 LAMPIRAN**

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**ABSTRAK**

Upaya bidan dalam menurunkan AKI dengan melakukan *Continuity of care* yaitu berupa serangkaian kegiatan pelayanan yang komprehensif, menyeluruh mulai dari kehamilan, persalinan, nifas, pelayanan bayi baru lahir serta pelayanan keluarga berencana yang menghubungkan kebutuhan kesehatan perempuan khususnya dan keadaan pribadi setiap individu. Asuhan ini dilakukan bertujuan untuk memantau kesejahteraan ibu dan janin, dan deteksi dini pada masa kehamilan, bersalin, dan nifas. Asuhan komprehensif pada Ny. L ini dilakukan di PMB Rosita Kota Pekanbaru dari bulan Desember 2020 hingga Februari 2021 kunjungan hamil dilakukan mulai usia kehamilan 32-37 minggu, kunjungan nifas dilakukan pada hari 1-40, dan kunjungan neonatus pada hari 1-19. Skor KSPR Ny. L G<sub>3</sub>P<sub>1</sub>A<sub>1</sub>H<sub>1</sub> berjumlah 6 sehingga ibu termasuk kategori resiko tinggi, pada masa kehamilan ditemukan keluhan yang fisiologis yaitu keputihan. Bidan memberikan pendidikan kesehatan tentang personal hygiene. Evaluasi dari keputihan yaitu keputihan sudah mulai berkurang dan juga diberikan asuhan senam hamil. Pada masa persalinan G<sub>3</sub>P<sub>2</sub>A<sub>1</sub>H<sub>2</sub> tidak ditemukan penyulit dan dilakukan asuhan dengan metode birth ball sehingga persalinan ibu berjalan lancar dan nyeri berkurang, pada masa nifas P<sub>2</sub>A<sub>1</sub>H<sub>2</sub> hari ke-7 didapati kaki ibu membengkak, diberikan pendidikan kesehatan tentang cara mengurangi bengkak tersebut, keluhan hilang pada hari ke-3 setelah dilakukan saran yang dianjurkan, ibu juga diajarkan senam nifas. Pada kunjungan neonatus ibu diajarkan cara pijat bayi. Pada hari ke-7, bayi mengalami penurunan berat badan 100 gr hal ini merupakan fisiologis. Selama masa neonatus. bayi mengalami kenaikan berat badan pada hari ke-19 sebesar 800 gr dan tidak ditemukan masalah. Diharapkan dengan dilakukannya asuhan kebidanan secara komprehensif bisa mencapai hasil yang diinginkan dan asuhan yang berkualitas.

**Kata Kunci** : **Asuhan Komprehensif, Asuhan Kebidanan Ibu Hamil, Bersalin, Nifas dan Neonatus.**

**Daftar Bacaan** : **37 (2010-2020)**

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

**FINAL PROJECT REPORT, MAY 2021  
ILVA YUWANDA**

**COMPREHENSIVE MIDWIFERY IN NY. L AT PMB ROSITA  
PEKANBARU IN 2021**

**140 PAGES, 4 TABLES, 24 APPENDICES**

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**ABSTRACT**

The efforts of midwives in reducing MMR by conducting Continuity of care are in the form of a series of comprehensive, comprehensive service activities ranging from pregnancy, childbirth, postpartum, newborn services and family planning services that connect women's health needs in particular and the personal circumstances of each individual. This care is carried out with the aim of monitoring the welfare of the mother and fetus, and early detection during pregnancy, childbirth, and the puerperium. Comprehensive care for Mrs. This L was carried out at PMB Rosita Pekanbaru City from December 2020 to February 2021. Pregnant visits were carried out from 32-37 weeks of gestation, postpartum visits were carried out on days 1-40, and neonates visited on days 1-19. KSPR score Mrs. There are 6 L G<sub>3</sub>P<sub>1</sub>A<sub>1</sub>H<sub>1</sub> so that the mother is in the high risk category, during pregnancy there are physiological complaints, namely vaginal discharge. Midwives provide health education about personal hygiene. Evaluation of vaginal discharge, namely vaginal discharge, has begun to decrease and is also given pregnancy exercise care. During G<sub>3</sub>P<sub>2</sub>A<sub>1</sub>H<sub>2</sub> delivery there were no complications and care was carried out with the birth ball method so that the mother's delivery went smoothly and the pain was reduced. During the P<sub>2</sub>A<sub>1</sub>H<sub>2</sub> postpartum period on the 7th day, the mother's legs swelled, health education was given on how to reduce the swelling, the complaints disappeared on the 7th day. -3 after the recommended suggestions are carried out, the mother is also taught postpartum exercises. At the neonatal visit, the mother was taught how to massage the baby. On the 7th day, infant experienced a weight loss of 100 grams this is physiological. During the neonatal period. the baby gained weight on the 19th day by 800 g and no problems were found. It is hoped that comprehensive midwifery care can achieve the desired results and quality care.

**Keywords : Comprehensive midwifery care, Maternity Care for Pregnant Women, Maternity, Postpartum and Neonates, vaginal discharge, swelling of the legs.**

**Reading List : 37 (2010-2020)**