

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
PROGRAM STUDI D-III KEBIDANAN**

**LAPORAN TUGAS AKHIR, JUNI 2022**

**ELFAYANA LESFITASARI**

**Asuhan Kebidanan Komprehensif pada Ny.E di Praktik Mandiri Bidan Lilis Sugianti Kota Pekanbaru**

**±148 Halaman, 10 Tabel, 11 Lampiran**

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**ABSTRAK**

Tingginya angka kematian ibu (AKI) dan angka kematian bayi (AKB) disebabkan adanya komplikasi yang terjadi baik pada masa kehamilan, persalinan, nifas maupun neonatus. Upaya-upaya yang dapat dilakukan tenaga kesehatan khususnya bidan yaitu dengan melakukan asuhan secara komprehensif. Asuhan ini diberikan pada Ny. E G<sub>1</sub>P<sub>0</sub>A<sub>0</sub>H<sub>0</sub> pada usia kehamilan 34-35 minggu di PMB Lilis Sugianti Kota Pekanbaru. Tujuan laporan tugas akhir ini yaitu untuk memberikan asuhan komprehensif dan berkesinambungan. Asuhan kehamilan diberikan sebanyak 4 kali, asuhan persalinan 1 kali, asuhan nifas 4 kali dan asuhan neonatus 3 kali. Selama masa kehamilan terdapat keluhan nyeri pinggang yang dapat diatasi dengan memberikan asuhan prenatal yoga. Dalam persalinan diberikan asuhan persalinan normal, tidak ditemukan penyulit dan ibu diberikan asuhan teknik menarik nafas dalam (*Deep Breathing*) dan masase punggung. Pada masa nifas diberikan pendidikan kesehatan tentang upaya meningkatkan produksi ASI yaitu pijat oksitosin dan booster ASI. Sedangkan selama masa neonatus ditemukan masalah pada bayi berupa Berat Badan Lahir Rendah (BBLR) dan Milliariasis sehingga perlu dilakukan perawatan metode kangguru (PMK) dan pendidikan kesehatan mengenai pemenuhan intake nutrisi yang terfokus pada pemberian ASI. Hasil asuhan yang diberikan pada Ny.E menunjukkan bahwa terjadinya peningkatan produksi ASI pada ibu dan terdapat peningkatan berat badan bayi sebesar 1300 gr dari berat lahir 2100 gram menjadi 3500 gram per 1 bulan. Diharapkan tenaga Kesehatan mampu memberikan dan meningkatkan mutu pelayanan khususnya pada asuhan kebidanan secara komprehensif.

**Kata Kunci : Asuhan Kebidanan, Komprehensif, Kehamilan, Persalinan, Nifas, Neonatus**

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**MINISTRY OF HEALTH REPUBLIC OF INDONESIA  
POLYTECHNIC MINISTRY OF HEALTH RIAU  
DIPLOMA III OF MIDWIFERY DEPARTMENT**

**FINAL PROJECT REPORT, JUNE 2022**

**ELFAYANA LESFITASARI**

**Comprehensive Midwifery Care of Mrs. E in the Independent Midwifery Practice Lilis Sugianti Pekanbaru**

**±148 pages, 10 tables, 11 Attacments**

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**ABSTRACT**

The high maternal mortality rate (MMR) and infant mortality rate (IMR) are due to complications that occur during pregnancy, childbirth, postpartum and neonate. Efforts that can be made by health workers, especially midwives, are to provide comprehensive care. This care was given to Mrs. E G.P.A.H<sub>o</sub> at 34-35 weeks' gestation at Independent Midwifery Practice Lilis Sugianti Pekanbaru City. The purpose of this final report is to provide comprehensive and continuous care. Pregnancy care was given 4 times, delivery care 1 time, postpartum care 4 times and neonatal care 3 times. During pregnancy there are complaints of low back pain which can be overcome by providing prenatal yoga care. In labour, normal delivery care was given, no complications were found and the mother was given deep breathing techniques *and* back massage. During the postpartum period, health education was given about efforts to increase breast milk production, namely oxytocin massage and breast milk booster. Meanwhile, during the neonatal period, problems were found in infants in the form of Low Birth Weight (LBW) and Milliarisis, so it was necessary to carry out the Kangaroo Mother Care (KMC) and health education regarding the fulfilment of nutritional intake that focused on breastfeeding. The results of the care given to Mrs. E showed that there was an increase in breast milk production in the mother and there was an increase in the baby's weight by 1300 grams from birth weight of 2100 grams to 3500 grams per 1 month. It is hoped that health workers will be able to provide and improve the quality of services, especially in comprehensive midwifery care.

**Keywords: Midwifery Care, Comprehensive, Pregnancy, Childbirth, Postpartum, Neonates**

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