

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

LAPORAN TUGAS AKHIR, JUNI 2022

FRAYA NADILLA PUTRI

Asuhan Kebidanan Komprehensif pada Ny.N di Praktik Mandiri Bidan Hasna Dewi FS Kota Pekanbaru

x + 128 Halaman + 11 Tabel + 9 Lampiran

ABSTRAK

Indikator Pelayanan Kesehatan Ibu dan Anak (KIA) di tandai oleh Angka Kematian Ibu (AKI). Upaya – upaya dalam penurunan AKI yaitu melakukan asuhan kebidanan berkelanjutan bertujuan agar tidak terjadi komplikasi yang mengancam ibu dan bayi. Asuhan di berikan di Praktik Mandiri Bidan Hasna Dewi bulan Januari sampai Maret 2022 pada Ny.N G3P2A0H2 pada usia kehamilan 34-35 minggu. Asuhan berupa kunjungan hamil 4 kali, pertolongan persalinan, nifas 4 kali dan neonatus 3 kali. Selama kehamilan ibu mengeluh nyeri perut bagian bawah, di berikan asuhan Prenatal Yoga sesuai dengan kebutuhan dan masalah dapat di atasi. Persalinan Ny.N terjadi pada usia kehamilan 39 minggu 4 hari. Pertolongan persalinan sesuai Asuhan Persalinan Normal (APN) dan memberikan ibu teknik relaksasi yaitu massage punggung. Bayi lahir spontan dengan jenis kelamin laki-laki, berat badan 3.300 gram, panjang badan 46 cm. Pada asuhan nifas, didapati keluhan berupa rasa mules atau kontraksi yang dapat diatasi dengan memberikan pendidikan kesehatan mengenai fisiologi rasa mules dan memberitau cara menguranginya. Pada kunjungan neonatus ibu mengeluh bayinya sering terbangun di malam hari dan dilakukan asuhan pijat bayi sehingga dapat meningkatkan kualitas tidur bayi dan kenaikan berat badan bayi 900 gram dalam 21 hari. Di harapkan bidan dapat melakukan asuhan kebidanan sesuai dengan standar pelayanan kebidanan dan juga dapat memberikan asuhan Prenatal Yoga bagi ibu hamil dengan masalah nyeri perut bagian bawah.

Kata Kunci : *Asuhan, Kehamilan, Persalinan, Nifas, Neonatus dan Komprehensif*
Daftar Pustaka : 50 (2010-2022)

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

FINAL PROJECT REPORT, JUNI 2022

FRAYA NADILLA PUTRI

Comprehensive Midwifery Care of Mrs. N in the Praktik Mandiri Bidan Hasna Dewi FS Pekanbaru

x + 128 pages + 11 tables + 9 Attacments

ABSTRACT

Maternal and Child Health Service (KIA) indicators are marked by the Maternal Mortality Rate (MMR). Efforts in reducing MMR are conducting continuous midwifery care aimed at preventing complications that threaten the mother and baby. Care is provided at the Independent Practice of Midwife Hasna Dewi from January to March 2022 to Mrs. N G3P2A0H2 at 34-35 weeks of gestation. Care in the form of pregnancy visits 4 times, delivery assistance, postpartum 4 times and neonates 3 times. During pregnancy the mother complained of lower abdominal pain, was given Prenatal Yoga care according to her needs and the problem could be overcome. Mrs. N's delivery occurred at 39 weeks 4 days of gestation. Delivery assistance according to Normal Delivery Care (APN) and providing the mother with a relaxation technique, namely back massage. The baby was born spontaneously with a male gender, weight 3,300 grams, body length 46 cm. In postpartum care, complaints were found in the form of heartburn or contractions which can be overcome by providing health education about the physiology of heartburn and telling how to reduce it. At the neonatal visit, the mother complained that her baby often woke up at night and was given baby massage care so that it could improve the baby's sleep quality and the baby's weight gain was 900 grams in 21 days. It is hoped that midwives can provide midwifery care in accordance with midwifery service standards and can also provide Prenatal Yoga care for pregnant women with lower abdominal pain problems.

Keywords: *Care, Pregnancy, Childbirth, Postpartum, Neonate and Comprehensive*

Bibliography : 50 (2010-2022)