

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

**LAPORAN TUGAS AKHIR, JUNI 2022
ERIA TRIYANI BAHREN**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. M
DI PMB DINCE SAFRINA KOTA PEKANBARU TAHUN 2022**

±93 Halaman , 5 Tabel , 11 Lampiran

ABSTRAK

Salah satu upaya untuk membantu menurunkan AKI dan AKB yaitu melakukan pencegahan dan penanganan komplikasi dalam kehamilan, persalinan, nifas dan neonatus adalah dengan melakukan asuhan kebidanan secara komprehensif dan berkesinambungan yang mana hal tersebut biasanya disebut dengan metode *Continuity of Midwifery Care (CoMC)*. Metode CoMC ini dilakukan kepada NY.M G3P2A0H2 untuk memantau kesejahteraan dan menjamin ibu mampu mengakses pelayanan kesehatan ibu yang berkualitas mulai kehamilan, persalinan, nifas dan neonatus di PMB Dince Safrina Kota Pekanbaru. Asuhan kebidanan ini dilakukan dari bulan Desember 2021 sampai Januari 2022, sebanyak 11 kali kunjungan yaitu masa hamil 3 kali, persalinan, nifas 4 kali, dan neonatus 3. Keluhan yang ditemukan pada kunjungan hamil adalah nyeri perut bagian bawah dan keluhan dapat diatasi dengan memberikan pendidikan kesehatan. Asuhan persalinan sesuai dengan Asuhan Persalinan Normal, bayi lahir spontan dengan BB: 2900 gram PB: 48 cm kontraksi baik, plasenta lahir lengkap, tanpa adanya robekan perineum. Pada awal nifas ASI belum lancar dan cara mengatasi masalah/keluhan yaitu memberikan pendidikan kesehatan tentang perawatan payudara, pijat oksitosin dan pemberian sari kacang hijau setiap hari selama 2 minggu . Asuhan nifas lain yang diberikan adalah konseling keluarga berencana. Hasil asuhan masa nifas ibu dalam keadaan sehat dan memutuskan menjadi akseptor Pil KB . Asuhan neonatus didapatkan bayi dalam keadaan ikterik fisiologis dan dianjurkan ibu untuk sering memberikan ASI dan menjemur bayi pada pagi hari. Di akhir masa asuhan bayi dalam keadaan sehat didapatkan penambahan BB 2900 gram menjadi 4200 gram selama 28 hari. Disarankan kepada bidan tetap mempertahankan asuhan secara menyeluruh dan berkesinambungan dan menekankan asuhan pada ASI Eksklusif agar bayi tidak mengalami Ikterik dan mengadakan asuhan Homecare agar dapat memantau perkembangan kesehatan bayi dan ibu setelah persalinan.

Kata Kunci : *Asuhan Kebidanan, Komprehensif, Kehamilan, persalinan, Nifas, dan Neonatus*

Daftar Bacaan :52 referensi (2010 – 2021)

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

**FINAL PROJECT REPORT, JUNE 2022
ERIA TRIYANI BAHREN**

**COMPREHENSIVE MIDWIFE CARE IN MRS. M
IN INDEPENDENT MIDWIFERY PRACTICE DINCE SAFRINA
PEKANBARU CITY 2022**

±93 Pages, 7 Tables , 11 Appendices

ABSTRACT

One of the efforts to help reduce MMR and IMR is to prevent and treat complications in pregnancy, childbirth, postpartum and neonate is to carry out comprehensive and continuous midwifery care which is usually called the Continuity of Midwifery Care (CoMC) method. The CoMC method was carried out on NY.M G3P2A0H2 to monitor welfare and ensure that mothers were able to access quality maternal health services starting from pregnancy, childbirth, postpartum and neonate at PMB Dince Safrina Pekanbaru City. This midwifery care was carried out from December 2021 to January 2022, as many as 11 visits, namely during pregnancy 3 times, childbirth, postpartum 4 times, and neonates 3. Complaints found during pregnancy visits were lower abdominal pain and complaints can be overcome by providing education health. Delivery care was in accordance with Normal Delivery Care, the baby was born spontaneously with a weight: 2900 grams, body length 48 cm, good contractions, the placenta was born complete, without any perineal tears. At the beginning of the puerperium breast milk was not smooth and how to overcome problems/complaints was to provide health education about breast care, oxytocin massage and giving green bean juice every day for 2 weeks. Another postpartum care provided is family planning counseling. The result of postpartum care, the mother was in good health and decided to become an acceptor of the contraception Pill. Neonatal care is obtained by the baby in a state of physiological jaundice and it is recommended that the mother often give breast milk and dry the baby in the morning. At the end of the baby's care period in a healthy condition, the weight gain was 2900 grams to 4200 grams for 28 days. It is recommended that midwives maintain comprehensive and continuous care and emphasize care on exclusive breastfeeding so that babies do not experience jaundice and conduct Homecare care so that they can monitor the health development of babies and mothers after delivery.

Keywords : *Midwifery care, pregnancy, labor, postpartum, low birth weigh*

Referens : *52 reference (2010 – 2021)*

