

KEMENTERIAN KESEHATAN REPUBLIK INDONESIA

**POLITEKNIK KESEHATAN KEMENTERIAN KESEHATAN RIAU
PROGRAM STUDI D III KEBIDANAN**

LAPORAN TUGAS AKHIR, JUNI 2022

AQSYA SYAHRIANDA YUSUP

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. R DI PMB ROSITA
KOTA PEKANBARU TAHUN 2022**

x + 108 Halaman, 7 Tabel, 9 Lampiran

ABSTRAK

Upaya menurunkan Angka Kematian Ibu, Angka Kematian Bayi serta stunting, Bidan memberikan asuhan kebidanan komprehensif mulai dari masa kehamilan hingga masa nifas. Laporan Tugas Akhir ini bertujuan memberikan asuhan kebidanan komprehensif dengan menggunakan manajemen kebidanan serta menerapkan asuhan kebidanan berdasarkan bukti. Asuhan kebidanan yang di berikan berlangsung dari usia kehamilan 35-36 minggu sampai nifas 40 hari dengan kunjungan hamil 4 kali, persalinan 1 kali, nifas 4 kali dan neonatus 3 kali di PMB Rosita Kota Pekanbaru dari bulan Desember 2021–Februari 2022. Selama kehamilan Ny. R terdapat keluhan berupa sering BAK pada malam hari dan nyeri perut bagian bawah. Adapun asuhan yang telah diberikan yaitu senam hamil, perawatan payudara, tanda bahaya kehamilan, cara menghitung gerakan janin dan persiapan persalinan. Persalinan Ny.R berlangsung pada usia kehamilan 41-42 minggu. Adapun asuhan untuk mengurangi rasa nyeri bersalin yaitu masase punggung dan *birth ball*. Pada masa nifas, terdapa keluhan berupa nyeri bekas jahitan dan perut terasa mules, keluhan tersebut dapat diatasi dengan pendidikan kesehatan dan serta mengajarkan ibu senam nifas untuk mempercepat pemulihan ibu. Involusi ibu selama nifas berjalan normal dan tidak ditemukan komplikasi pada masa nifas. Ibu memutuskan untuk menggunakan alat kontrasepsi jenis suntik tiap 3 bulan (suntikan progestin). Selama kunjungan neonatus tidak terdapat keluhan. Asuhan yang diterapkan pada neonatus adalah pijat bayi dan perawatan tali pusat. Pijat bayi pada bayi Ny. R berhasil ditandai dengan penambahan berat badannya yaitu 800 gr selama 26 hari serta selama diasuh bayi Ny. R tetap ASI eksklusif. Disarankan kepada bidan tetap mempertahankan asuhan secara menyeluruh dan berkesinambungan dan berkelanjutan mulai dari masa hamil, bersalin, nifas, neonatus serta keluarga berencana.

Kata Kunci : *Asuhan, kebidanan, komprehensif.*

Daftar Bacaan : 34 Referensi (2011-2021)

MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA

**HEALTH POLYTECHNIC OF RIAU
STUDY PROGRAM OF D III MIDWIFERY**

FINAL PROJECT REPORT, JUNE 2022

AQSYA SYAHRIANDA YUSUP

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. R AT PMB ROSITA,
S.Tr. Keb PEKANBARU CITY IN 2022**

x + 125 Pages, 7 Tables, 9 Attachments

ABSTRACT

In an effort to reduce maternal mortality, infant mortality and stunting, midwives provide comprehensive midwifery care from pregnancy to the puerperium. This Final Project report aims to provide comprehensive midwifery care using midwifery management and implementing evidence-based midwifery care. The midwifery care provided lasted from 35-36 weeks of pregnancy to 35 days of postpartum with 4 pregnancy visits, 1 delivery, 4 postpartum and 3 neonates. During pregnancy Mrs. There are several complaints in the form of discomfort in the third trimester, namely frequent urination at night and lower abdominal pain. The complaint was resolved by providing health education. The care that has been provided is pregnancy exercise, breast care, danger signs of pregnancy, how to calculate fetal movements and preparation for childbirth. Mrs. R's delivery took place at 41-42 weeks of gestation. The care to reduce the pain of childbirth is back massage and birth ball. During the puerperium, the mother complains of her stomach, these complaints can be overcome by health education and teaching the mother about postpartum exercises to speed up the mother's recovery. Maternal involution during the puerperium was normal and there were no complications during the puerperium. The mother decided to use an injectable type of contraception every 3 months (progestin injections). During the neonatal visit there were no complaints. The care applied to neonates is baby massage and umbilical cord care. Baby massage on baby Mrs. R was successfully marked by an increase in body weight of 300 g for 26 days and while being cared for by Mrs. R remains exclusively breastfed. It is expected that the midwifery profession in providing comprehensive midwifery care always applies midwifery management and is in accordance with midwifery service standards and applies evidence-based midwifery care.

Keywords : *Care, midwifery, comprehensive.*

Reference : 34 Reference (2011-2021)