

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

**LAPORAN TUGAS AKHIR, JUNI 2022
SELLI HERAYATI PANE**

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

xii + 78 Halaman, 3 Tabel, 10 Lampiran

ABSTRAK

Bidan berperan penting dalam memberikan pelayanan ibu dan anak secara menyeluruh dan berkesinambungan. Asuhan komprehensif ini dilakukan untuk mendeteksi dini dan mencegah komplikasi pada masa kehamilan, persalinan, nifas dan neonatus. Asuhan secara menyeluruh dan berkesinambungan pada Ny.U G₂P₀A₁H₀ diberikan di PMB Dince Safrina kota Pekanbaru dari bulan Januari 2022 - April 2022 mulai usia kehamilan 34-35 minggu. Instrumen yang digunakan yaitu format asuhan kebidanan kehamilan, persalinan, nifas, keluarga berencana dan didokumentasikan dengan metode SOAP. Pada masa kehamilan dilakukan sebanyak 2 kali kunjungan dengan masalah berat badan berlebih (obesitas) dan diberikan asuhan dengan menganjurkan ibu selalu sarapan, memilih makanan berserat, rendah lemak dan gula, minum air putih yang cukup, dan melakukan diet karbo. Asuhan persalinan dilakukan secara normal pada usia kehamilan 38-39 minggu dan diberikan asuhan masase punggung untuk mengurangi rasa nyeri. Persalinan sesuai dengan Asuhan Persalinan Normal (APN) dengan jumlah perdarahan ± 150 cc, kontraksi baik, plasenta lahir lengkap, laserasi jalan lahir derajat II. Bayi lahir spontan dengan berat badan 3700 gram dan panjang badan 52 cm. Kunjungan nifas dilakukan sebanyak 4 kali kunjungan dengan masalah mules saat menyusui dan pengeluaran ASI yang belum lancar. Asuhan yang diberikan yaitu mengajarkan ibu teknik menyusui. Ibu memutuskan untuk menggunakan KB suntik 3 bulan. Kunjungan neonatus dilakukan sebanyak 3 kali kunjungan dan terjadi peningkatan berat badan bayi sebanyak 800 gram selama 28 hari. Asuhan yang dilakukan yaitu perawatan tali pusat dan pada hari ke-5 tali pusat sudah puput. Diharapkan kepada bidan tetap mempertahankan asuhan secara berkesinambungan dan berkelanjutan serta melakukan pengkajian EPDS untuk mengukur intensitas perubahan suasana depresi ibu setelah persalinan.

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

Referensi : 76 Referensi (2007-2022)

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

**FINAL PROJECT REPORT, JUNE 2022
SELLI HERAYATI PANE**

**COMPREHENSIVE MIDWIFERY CARE OF MRS. U IN THE
PRAKTIK MANDIRI BIDAN DINCE SAFRINA PEKANBARU**

xii + 78 Halaman, 3 Tabel, 10 Lampiran

ABSTRACT

Midwives play an important role in providing comprehensive and sustainable maternal and child services. This comprehensive care is carried out to detect early and prevent complications during pregnancy, childbirth, postpartum and neonate. Comprehensive and continuous care for Mrs.U G2P0A1H0 is given at PMB Dince Safrina Pekanbaru city from January 2022 - April 2022 starting at 34-35 weeks of gestation. The instrument used is the format of midwifery care for pregnancy, childbirth, postpartum, family planning and documented by the SOAP method. During pregnancy, 2 visits were made with the problem of being overweight (obesity) and were given care by encouraging the mother to always have breakfast, choosing fibrous foods, low in fat and sugar, drinking enough water, and doing a carbohydrate diet. Childbirth care was carried out normally at 38-39 weeks of gestation and given back massage care to reduce pain. Delivery according to Normal Delivery Care (APN) with bleeding amount of ± 150 cc, good contractions, complete delivery of placenta, second degree laceration of birth canal. The baby was born spontaneously with a weight of 3700 grams and a body length of 52 cm. Postpartum visits were carried out 4 times with the problem of heartburn while breastfeeding and breast milk production that had not been smooth. The care provided is teaching mothers breastfeeding techniques. Mother decided to use a 3-month injectable contraception. Neonatal visits were carried out 3 times and the baby's weight increased by 800 grams for 28 days. The care that was carried out was umbilical cord care and on the 5th day the umbilical cord had fallen off. It is hoped that midwives will continue to maintain continuous and sustainable care and conduct EPDS studies to measure the intensity of changes in maternal depression after childbirth.

Keywords : *Comprehensive Obstetrics, Pregnancy, Childbirth, Postpartum and Neonatal Care*

Reference : 76 References (2007-2022)