

ABSTRAK

Continuity of Midwifery Care merupakan sebuah proses dimana seorang Bidan terlibat secara kooperatif dalam memberikan asuhan kebidanan yang berkelanjutan sehingga asuhan tersebut berkualitas dengan biaya yang efisien. Studi kasus ini bertujuan untuk memberikan asuhan kebidanan yang komprehensif dan berkesinambungan pada Ny. E dimulai sejak hamil, bersalin, nifas dan neonatus di PMB Dince Safrina Kota Pekanbaru. Asuhan kebidanan dilakukan dari tanggal 7 November hingga 3 Februari 2022 mulai usia kehamilan 33-34 minggu. Selama asuhan, dilakukan 4 kali kunjungan pada masa hamil, 1 kali kunjungan saat persalinan, 4 kali kunjungan pada masa nifas dan 3 kali kunjungan pada masa neonatus. Selama kehamilan, Ny. E merasakan ketidaknyamanan pada trimester III yaitu nyeri pinggang yang dapat di atasi melalui senam hamil, kompres air hangat, *body mechanic* dan keluhan lainnya yaitu *braxton hicks* yang dapat di atasi melalui relaksasi dan berendam air hangat. Persalinan Ny. E berlangsung pada usia kehamilan 41 minggu. Asuhan yang dilakukan untuk mengurangi rasa nyeri yaitu masase punggung dan penggunaan *birth ball*. Bayi lahir spontan, menangis kuat, cukup bulan, gerakan bayi aktif, jenis kelamin perempuan, BB: 3300 gram PB: 50 cm. Pada masa nifas, ibu mengeluh perutnya mulas dan ASI sedikit. Asuhan yang dilakukan mengajarkan ibu tentang teknik marmet, senam nifas dan senam kagel untuk mempercepat pemulihan ibu. *Involusi* ibu berjalan normal dan tidak ditemukan komplikasi pada masa nifas. Ibu memutuskan untuk menggunakan alat kontrasepsi jenis suntik selama 3 bulan. Asuhan yang diberikan pada neonatus adalah pijat bayi, terdapat kenaikan berat badan yaitu 1200 gr selama 28 hari dan bayi masih diberi ASI eksklusif. Diharapkan bagi tenaga kesehatan khususnya bidan diharapkan dapat mempertahankan dan mengoptimalkan asuhan kebidanan secara berkesinambungan mulai dari masa hamil, yaitu senam hamil, bersalin menggunakan *birth ball*, nifas, neonatus menggunakan pijat bayi serta keluarga berencana.

Kata Kunci : Asuhan kebidanan komprehensif pada kehamilan, persalinan, nifas, dan neonatus

Referensi : 73 (2011-2022)

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DESI KUSMAYA PUTRI

**COMPREHENSIVE MIDWIFERY CARE IN MRS. E IN INDEPENDENT MIDWIFE
PRACTICE DINCE SAFRINA PEKANBARU**

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ABSTRACT

Continuity of Midwifery Care is a process in which a Midwife is cooperatively involved in providing sustainable midwifery care so that the care is of high quality at an efficient cost. This case study aims to provide comprehensive and continuous midwifery care to Mrs. E started during pregnancy, childbirth, postpartum and neonate at PMB Dince Safrina Pekanbaru City. Midwifery care is carried out from November 7 to February 3, 2022 starting at 33-34 weeks of gestation. During the care, there were 4 visits during pregnancy, 1 visit during delivery, 4 visits during the puerperium and 3 visits during the neonatal period. During pregnancy, Mrs. E felt discomfort in the third trimester, namely low back pain which can be overcome through pregnancy exercise, warm water compresses, body mechanics and other complaints, namely Braxton Hicks which can be overcome through relaxation and warm baths. Mrs. E takes place at 41 weeks of gestation. Care that is done to reduce pain is back massage and the use of birth balls. The baby was born spontaneously, cried loudly, at term, active baby movements, female gender, weight: 3300 grams length: 50 cms. During the puerperium, the mother complained of heartburn and little breast milk. The care provided teaches mothers about marmet techniques, postpartum exercises and kagel exercises to speed up mother's recovery. Maternal involution was normal and there were no complications during the puerperium. Mother decided to use injectable contraceptives for 3 months. The care given to neonates is baby massage, there is a weight gain of 1200 grams for 28 days and the baby is still exclusively breastfed. It is hoped that health workers, especially midwives, are expected to be able to maintain and optimize sustainable midwifery care starting from pregnancy, namely pregnancy exercise, giving birth using a birth ball, postpartum, neonates using baby massage and family planning.

Keywords : Comprehensive obstetric care in pregnancy, childbirth, postpartum, and neonates

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