

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

**LAPORAN TUGAS AKHIR, MEI 2023
RANI ANGGRAINI**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. F DI KLINIK
PRATAMA TAMAN SARI 2 PEKANBARU TAHUN 2023**

XII, ±109 Halaman, 6 Tabel, 10 Lampiran

ABSTRAK

Bidan berperan penting dalam memberikan pelayanan ibu dan anak secara menyeluruh dan berkesinambungan yang dikenal dengan *Continuity of Midwifery Care* (CoMC). CoMC dalam kasus ini bertujuan untuk memantau kesehatan ibu dan janin selama masa kehamilan, persalinan, nifas, dan neonatus. Asuhan kebidanan dilakukan dengan pendekatan manajemen kebidanan. Asuhan diberikan pada Ny.F G₂P₁A₀H₁ di Klinik Pratama Taman Sari 2 kota Pekanbaru dari November 2022 - Maret 2023. Keluhan saat hamil adalah nyeri pinggang sampai ke kaki, dapat diatasi dengan senam hamil. Pada usia 37 minggu janin mengalami IUGR (*Intrauterine Growth Retardation*) kemudian diberi penanganan diet TKTP (Tinggi Kalori Tinggi Protein) dan masalah teratasi. Bayi lahir pada usia kehamilan 41 minggu, BB 3700 gram, PB 51 cm. Asuhan persalinan sesuai dengan standar APN (Asuhan Persalinan Normal). Relaksasi napas dalam dilakukan untuk mengurangi nyeri persalinan, pengeluaran darah ± 100 cc, kontraksi baik. Pada kunjungan nifas ibu diajarkan mobilisasi dini, senam nifas, dan dilakukan skrining EPDS (*Edinburgh Postnatal Depression Scale*) dengan skor dalam batas normal. Masalah nifas hari pertama berupa ASI belum lancar dan ibu memberikan susu formula pada hari kedua. Setelah dilakukan pijat oksitosin, ASI menjadi lancar dan ibu tidak memberikan susu formula lagi. Ibu berencana menggunakan KB IUD. Pada kunjungan neonatus dilakukan perawatan bayi sehari-hari dan pijat bayi. Terjadi peningkatan berat badan bayi sebesar 750 gram pada usia 20 hari dari BB lahir 3700 gram menjadi 4450 gram. Diharapkan bidan dapat melakukan asuhan CoMC dengan lebih baik lagi dan edukasi pemberian ASI sebaiknya dilakukan dari masa kehamilan agar tidak terjadi kegagalan ASI Eksklusif.

Kata Kunci: *Asuhan Kebidanan, Komprehensif, hamil, bersalin, nifas, neonatus*

Referensi : 53 Referensi (2014-2023)

**MINISTRY OF HEALTH REPUBLIC OF INDONESIA
RIAU MINISTRY OF HEALTH POLYTECHNIC
STUDY PROGRAM DIII MIDWIFERY**

**FINAL PROJECT REPORT, MAY 2023
RANI ANGGRAINI**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. F AT TAMAN SARI
2 PRATAMA CLINIC, PEKANBARU CITY, 2023**

XII, ±109 Pages, 6 Tables, 10 Attachments

ABSTRACT

Midwives are essential in providing comprehensive and sustainable services for mothers and children, known as Continuity of Midwifery Care (CoMC). CoMC, in this case, aims to monitor the health of the mother and fetus during pregnancy, childbirth, postpartum, and neonates. Midwifery care is carried out with a midwifery management approach. Consideration was given to Mrs. F G2P1A0H1 at the Taman Sari 2 Pratama Clinic, Pekanbaru City, from November 2022 - March 2023. Complaints during pregnancy are low back pain down to the feet, which can be treated with pregnancy exercises. At 37 weeks, the fetus had IUGR (Intrauterine Growth Retardation) and was given the TKTP (High-Calorie, High Protein) diet, and the problem was resolved. The baby was born at 41 weeks gestation, body weight of 3700 grams and a body length of 51 cm. Delivery care according to NCC standards (Normal Childbirth Care). Deep breathing relaxation reduces labor pain, bleeding ± 100 cc, and good contractions. During postpartum visits, mothers are taught early mobilization, postpartum exercise, and EPDS screening (Edinburgh Postnatal Depression Scale) with scores within normal limits. The first day of postpartum problems is incomplete breastfeeding and mothers giving formula milk on the second day. After the oxytocin massage, the ASI became smooth, and the mother no longer gave formula milk. The mother plans to use IUD contraception. During neonatal visits, daily baby care and baby massage are carried out. There was an increase in the baby's weight by 750 grams at the age of 20 days from a birth weight of 3700 grams to 4450 grams. It is hoped that midwives can provide better CoMC care, and education on breastfeeding should be carried out from the time of pregnancy so that exclusive breastfeeding failure does not occur.

Keywords: Midwifery Care, Comprehensive, pregnancy, childbirth, postpartum, neonates

References: 53 References (2014-2023)