

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN RIAU  
PROGRAM STUDI DIII KEBIDANAN**

**LAPORAN TUGAS AKHIR, 21 MEI 2024  
ZAHRA SURYANI**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY.N  
DI PMB ZURRAHMI KOTA PEKANBARU 2024**

**xiii, ±128 Halaman, 5 Tabel, 2 Gambar, 9 Lampiran**

**ABSTRAK**

Bidan sebagai pemberi asuhan memiliki posisi strategis dalam upaya percepatan penurunan AKI dan AKB melalui asuhan berkesinambungan (*CoMC*). Asuhan ini bertujuan memantau kesehatan ibu dan janin serta mendeteksi adanya kemungkinan komplikasi pada kehamilan, persalinan, nifas dan neonatus demi penurunan AKI dan AKB. Asuhan diberikan pada Ny.N G<sub>2</sub>P<sub>1</sub>A<sub>0</sub>H<sub>1</sub> di PMB Zurrahmi Kota Pekanbaru dan kunjungan rumah. Pengambilan kasus dimulai pada bulan September 2023 sampai Februari 2024, mulai dari usia kehamilan 27-28 minggu hingga nifas hari ke-42. Selama kehamilan ditemukan keluhan nyeri punggung saat banyak beraktivitas dan sering BAK. Asuhan yang diberikan yaitu anjuran mengurangi aktivitas, tidak duduk atau berdiri terlalu lama, meminta bantuan suami, senam hamil, memijat pinggang dan punggung, duduk bersandar di kursi, menggunakan bantal pengganjal saat istirahat, serta kurangi minum sebelum tidur dan *vulva hygiene*. Persalinan dilakukan dengan *section caesarea* atas indikasi serotinus dengan usia kehamilan 42-43 minggu. Bayi lahir pada 03 Januari 2024 pukul 10.50 WIB, berjenis kelamin laki-laki, berat badan 3100 gram dan panjang 50 cm. Selama masa nifas, asuhan dilakukan sebanyak 4 kali kunjungan dengan memberikan pendidikan kesehatan mengenai perawatan payudara, pijat laktasi dan oksitosin akibat penurunan produksi ASI dan pemberian susu formula, perawatan luka SC, dan metode kontrasepsi KB. Ibu memutuskan menjadi akseptor KB suntik 1 bulan. Asuhan pada neonatus dilakukan sebanyak 3 kali dengan melakukan perawatan tali pusat, mendemonstrasikan pijat bayi, pendidikan kesehatan mengenai ASI eksklusif, serta jadwal imunisasi. Sebagai tenaga kesehatan dapat mempertahankan pelayanan komprehensif dan berkesinambungan sesuai dengan standar pelayanan kebidanan, dan meningkatkan perbaikan sistem informasi dan dokumentasi asuhan kebidanan.

**Kata Kunci** : *Asuhan Kebidanan, Kehamilan, Persalinan, Nifas, Neonatus, Serotinus*

**Referensi** : *73 Referensi (2015-2024)*

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

**FINAL PROJECT REPORT, 21 MAY 2024  
ZAHRA SURYANI**

**COMPREHENSIVE MIDWIFERY CARE FOR NY.N  
AT PMB ZURRAHMI PEKANBARU CITY IN 2024**

**xiii, ±128 Pages, 5 Tables, 2 Pictures, 9 Attachments**

**ABSTRACT**

Midwives, as care providers, hold a strategic position in efforts to accelerate the reduction of maternal and infant mortality rates through continuous care (CoMC). This care aims to monitor the health of the mother and fetus and to detect possible complications during pregnancy, childbirth, the postpartum period, and the neonatal phase to reduce maternal and infant mortality rates. Care was provided to Mrs. N, G<sub>2</sub>P<sub>1</sub>A<sub>0</sub>H<sub>1</sub>, at PMB Zurrahmi in Pekanbaru City and during home visits. The case was taken from September 2023 to February 2024, starting from 27-28 weeks of gestation until the 42nd day postpartum. During pregnancy, complaints of back pain during strenuous activities and frequent urination were noted. The provided care included recommendations to reduce activities, avoid prolonged sitting or standing, seek assistance from the husband, perform pregnancy exercises, massage the waist and back, sit with support, use pillows for support while resting, reduce fluid intake before bedtime, and maintain *vulva hygiene*. The delivery was performed via *cesarean section* due to post-term pregnancy at 42-43 weeks of gestation. The baby was born on January 3, 2024, at 10:50 AM WIB, weighing 3100 grams and measuring 50 cm in length. During the postpartum period, care was provided through four visits, which included health education on breast care, lactation massage and oxytocin administration due to decreased breast milk production, formula feeding, cesarean wound care, and contraceptive methods. The mother decided to use a one-month injectable contraceptive. Neonatal care was provided through three visits, which included umbilical cord care, baby massage demonstrations, health education on exclusive breastfeeding, and an immunization schedule. As healthcare professionals, it is essential to maintain comprehensive and continuous care in accordance with midwifery service standards and to improve the information systems and documentation of midwifery care.

***Keywords* : Midwifery Care, Pregnancy, Childbirth, Postpartum, Neonates, Serotinus**

***References* : 73 References (2015-2024)**