

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

LAPORAN TUGAS AKHIR, MEI 2024

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**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. "A" DI
PMB ZURRAHMI KOTA PEKANBARU TAHUN 2024**

xi + 161 halaman + 7 Tabel + 10 Lampiran

ABSTRAK

Salah satu model asuhan kebidanan yang dapat meningkatkan kualitas asuhan dalam pelayanan kesehatan ibu dan bayi yaitu melakukan asuhan kebidanan dengan model *Continuity Of Midwifery Care* (CoMC) yang merupakan salah satu asuhan kebidanan komprehensif dan berkesinambungan mulai dari masa kehamilan, persalinan, nifas, dan bayi baru lahir. Laporan Tugas Akhir ini bertujuan memberikan asuhan kebidanan yang menyeluruh dan berkesinambungan pada Ny.A dimulai sejak hamil, bersalin, nifas, dan neonatus. Asuhan dimulai sejak bulan September 2023 sampai Januari 2024 di PMB Zurrahmi. Asuhan kehamilan dilakukan sebanyak 3 kali, persalinan 1 kali, nifas 4 kali, dan neonatus 3 kali. Selama kehamilan Trimester III, ditemukan keluhan nyeri pinggang yang dapat diatasi dengan senam hamil. Persalinan berlangsung pada usia kehamilan 39 minggu dan pertolongan dilakukan sesuai standar Asuhan Persalinan Normal (APN), bayi lahir spontan, menangis kuat, pergerakan aktif, jenis kelamin laki-laki, berat badan 3000 gram, panjang badan 51 cm. Inisiasi Menyusu Dini (IMD) berhasil pada menit ke 60. Pada masa nifas didapati keluhan ketidaknyamanan karena *after pain* pada nifas yang dapat diatasi dengan memberikan pendidikan kesehatan mengenai fisiologi masa nifas dan dukungan emosional, mobilisasi dini, dan melakukan senam nifas. Pada masa nifas ibu diberikan vitamin A 2 tablet dengan dosis 200.000 IU. Asuhan neonatus dilakukan berdampingan dengan asuhan nifas yaitu 3 kali kunjungan dan tidak ditemukan masalah pada bayi. Bayi diberikan asuhan rutin bayi baru lahir dan pijat bayi untuk membantu mempercepat penambahan berat badan bayi. Pada akhir asuhan usia 28 hari berat badan bayi mengalami peningkatan sebanyak 1400 gram dari berat badan lahir 3000 gram menjadi 4400 gram. Diharapkan bidan dapat mempertahankan dan meningkatkan asuhan yang komprehensif dan berkesinambungan sesuai standar pelayanan kebidanan dimulai dari masa hamil, bersalin, nifas dan neonatus.

Kata Kunci : Asuhan Kebidanan Komprehensif, IMD, *After Pain*.

Daftar Bacaan : 82 referensi (2013-2023) .

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

FINAL PROJECT REPORT, MAY 2024

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**COMPREHENSIVE MIDWIFERY CARE FOR MRS. "A" AT PMB
ZURRAHMI, PEKANBARU CITY IN 2024**

xi + 161 pages + 7 Tables + 10 Appendices

ABSTRACT

One model of midwifery care that can improve the quality of care in maternal and baby health services is providing midwifery care using the Continuity of Midwifery Care (CoMC) model, which is a form of comprehensive and continuous midwifery care starting from pregnancy, birth, postpartum and new babies. born. This Final Assignment Report aims to provide comprehensive and continuous midwifery care to Mrs. A starting from pregnancy, delivery, postpartum and neonate. Care starts from September 2023 to January 2024 at PMB Zurrahmi. Pregnancy care was carried out 3 times, delivery 1 time, postpartum 4 times, and neonate 3 times. During the third trimester of pregnancy, complaints of low back pain were found which could be treated with pregnancy exercises. The birth took place at 39 weeks of gestation and assistance was carried out according to the standards of Normal Childbirth Care (APN), the baby was born spontaneously, cried strongly, had active movements, male gender, weight 3000 grams, body length 51 cm. IMD was successful in the 60th minute. During the postpartum period, there were complaints of discomfort due to postpartum afterpain which could be overcome by providing health education regarding the physiology of the postpartum period and emotional support, early mobilization, and carrying out postpartum exercises. During the postpartum period, the mother is given two doses of vit A, 2 tablets 200,000 IU. Neonatal care was carried out side by side with postpartum care, namely 3 visits and no problems were found in the baby. Babies are given routine newborn care and baby massage to help speed up the baby's weight gain. At the end of 28 days of care, the baby's weight increased by 1400 grams from a birth weight of 3000 grams to 4400 grams. It is hoped that midwives can maintain and improve comprehensive and sustainable care in accordance with midwifery service standards starting from the pregnancy, delivery, postpartum and neonate periods.

Keywords : Comprehensive Midwifery Care, IMD, *After Pain*.

Reading List : 82 references (2013-2023).