

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

**LAPORAN TUGAS AKHIR, MEI 2024
SHAFIRA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. N DI PRAKTIK
MANDIRI BIDAN IKA SUANA KOTA PEKANBARU
xi + 148 Halaman +9 Lampiran**

ABSTRAK

Continuity Midwifery of Care merupakan serangkaian kegiatan pelayanan kebidanan yang berkesinambungan. Metode *CoMC* ini bertujuan untuk memantau kesejahteraan dan menjamin ibu mampu mengakses pelayanan kesehatan yang berkualitas mulai kehamilan, persalinan, nifas dan neonatus. Asuhan secara menyeluruh dan berkesinambungan pada Ny. N *G5P4A0H3* diberikan di Praktik Mandiri Bidan Ika Suana Kota Pekanbaru dari bulan Oktober - November 2023 mulai usia kehamilan 36-37 minggu. Asuhan kehamilan diberikan sebanyak 4 kali kunjungan, pertolongan persalinan, 4 kali kunjungan nifas dan 3 kali kunjungan neonatus. Selama kehamilan Trimester III, ditemukan keluhan nyeri pinggang dan nyeri perut bagian bawah. Ibu diberikan pendidikan kesehatan kompres jahe sehingga keluhan nyeri pinggang dapat diatasi. Persalinan berlangsung pada usia kehamilan 39 minggu 6 hari. Pertolongan persalinan dilakukan sesuai standar Asuhan Persalinan Normal (APN), memberikan asuhan *Birthball*, dan massage punggung. Bayi lahir spontan, menangis kuat, tonus otot baik, pergerakan aktif, berat badan 3100 gram, panjang badan 50 cm. Pada masa nifas ditemukan masalah ASI belum lancar yang diatasi dengan memberikan pendidikan kesehatan tentang pijat oksitosin dan pemberian sayur daun katuk. Asuhan nifas lainnya yaitu mengajarkan senam nifas dan konseling keluarga berencana. Ibu memutuskan menggunakan kontap. Pada neonatus tidak ditemukan masalah dan diberikan asuhan rutin yaitu perawatan tali pusat, perawatan bayi sehari-hari dan melakukan pijat bayi. Terjadi kenaikan berat badan bayi sebesar 900 gram dari berat badan lahir pada usia 28 hari. Disarankan kepada bidan sebagai tenaga kesehatan dapat mempertahankan pemberian pelayanan kebidanan secara komprehensif.

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

Referensi : 85 Referensi (2013–2023)

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
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**COMPREHENSIVE MIDWIFERY CARE IN MRS. N AT INDEPENDENT
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xi+ 148 Pages + 9 Appendices**

ABSTRACT

Continuity Midwifery of Care is a series of continuous midwifery service activities. This *CoMC* method aims to monitor welfare and ensure that mothers are able to access quality health services from pregnancy, childbirth, postpartum and neonates. Comprehensive and continuous care for Mrs. N *G5P4A0H3* was provided at the Independent Midwife Practice Ika Suana Pekanbaru City from October - November 2023 starting at 36-37 weeks of gestation. Pregnancy care was given for 4 visits, childbirth assistance, 4 postpartum visits and 3 neonate visits. During pregnancy Trimester III, complaints of low back pain and lower abdominal pain were found. The mother was given ginger compress health education so that complaints of low back pain could be overcome. Delivery took place at 39 weeks 6 days gestation. Labor assistance was carried out according to the standards of Normal Labor Care (APN), providing Birthball care, and back massage. The baby was born spontaneously, strong crying, good muscle tone, active movement, weight 3100 grams, length 50 cm. In the postpartum period, there was a problem of breast milk not being smooth which was overcome by providing health education about oxytocin massage and giving katuk leaf vegetables. Other postpartum care was teaching postpartum exercises and family planning counseling. The mother decided to use kontap. In neonates, no problems were found and routine care was given, namely umbilical cord care, care of the umbilical cord, and care of the umbilical cord. There was an increase in baby weight of 900 grams from birth weight at the age of 28 days. It is recommended that midwives as health workers can maintain the provision of comprehensive midwifery services.

Keywords : **Midwifery care, pregnancy, childbirth, postpartum, neonates**
References : 85 References (2013–2023)