

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

**LAPORAN TUGAS AKHIR, MEI 2024  
DAHLIANI PERMATA PUTRI SIREGAR**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY.R DI PMB DINCE  
SAFRINA KOTA PEKANBARU**

**xii + 137 halaman + 7 tabel + 12 lampiran**

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**ABSTRAK**

Masa kehamilan, persalinan, dan bayi baru lahir adalah kondisi yang fisiologis. Namun, keadaan tersebut bisa menjadi patologis apabila tidak ditangani dengan tepat oleh orang yang tepat, sehingga dapat mengancam jiwa ibu maupun janin. Dalam rangka mencegah kejadian mortalitas, maka perlu dilakukan pelayanan secara berkesinambungan atau biasa dikenal dengan *Continuity of Midwifery Care* (CoMC). Adapun tujuan dari CoMC ini adalah untuk meningkatkan kualitas pelayanan yang berkesinambungan antara klien dengan tenaga kesehatan. Studi kasus ini bertujuan untuk memberikan asuhan dari masa kehamilan, persalinan, nifas, dan neonatus dengan pendokumentasian SOAP pada Ny. R G<sub>1</sub>P<sub>0</sub>A<sub>0</sub>H<sub>0</sub> di PMB Dince Safrina Kota Pekanbaru. Asuhan kebidanan ini dilaksanakan dari bulan September sampai dengan bulan November 2023. Pada masa kehamilan dilakukan 4 kali kunjungan dengan keluhan nyeri punggung, diberikan asuhan kompres air hangat dan keluhan ibu dapat teratasi. Persalinan dilakukan sesuai standar Asuhan Persalinan Normal (APN), diberikan asuhan berupa *malasana prenatal yoga*, persalinan berlangsung normal tanpa laserasi. Bayi lahir pukul 20.03 WIB tanggal 15 Oktober 2023 jenis kelamin perempuan, dengan BB 2.800 gram dan PB 48cm. Asuhan masa nifas dilakukan sebanyak 4 kali kunjungan, masa nifas ibu normal dan ibu memilih KB suntik 3 bulan. Asuhan neonatus dilakukan berdampingan dengan asuhan nifas yaitu sebanyak 3 kali kunjungan, diberikan asuhan pijat bayi dan hasilnya bayi kuat menyusu dan BB bertambah sebanyak 200 gram pada usia 35 hari. Diharapkan bidan tetap mempertahankan dan meningkatkan asuhan kebidanan komprehensif dan berkesinambungan sesuai dengan standar pelayanan kebidanan.

Kata Kunci : *Asuhan komprehensif, malasana prenatal yoga*  
Daftar Bacaan :86 referensi (2013-2023)

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

**FINAL PROJECT REPORT, MEI 2024  
DAHLIANI PERMATA PUTRI SIREGAR**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS.R IN PMB DINCE  
SAFRINA PEKANBARU CITY**

**xii + 137 pages + 7 tables + 12 attachments**

**ABSTRACT**

Pregnancy, childbirth and newborns are physiological conditions. However, this condition can become pathological if not treated properly by the right person, so it can threaten the lives of the mother and fetus. In order to prevent mortality, it is necessary to provide continuous services or commonly known as Continuity of Midwifery Care (CoMC). The aim of CoMC is to improve the quality of sustainable services between clients and health workers. This case study aims to provide care during pregnancy, childbirth, postpartum and neonates by documenting SOAP to Mrs. R G1P0A0H0 at PMB Dince Safrina, Pekanbaru City. This midwifery care was carried out from September to November 2023. During pregnancy, 4 visits were made with complaints of back pain, warm water compresses were given and the mother's complaints were resolved. The delivery was carried out according to the standards of Normal Childbirth Care (APN), care was given in the form of prenatal yoga, the birth took place normally without lacerations. The baby was born at 20.03 WIB on October 15 2023, female, with a weight of 2,800 grams and a body weight of 48 cm. Postpartum care was carried out in 4 visits, the mother's postpartum period was normal and the mother chose 3 month injectable birth control. Neonatal care is carried out side by side with postpartum care, namely 3 visits, baby massage is given and the result is that the baby is strong enough to breastfeed and the weight increases by 200 grams at the age of 35 days. It is hoped that midwives will continue to maintain and improve comprehensive and sustainable midwifery care in accordance with midwifery service standards.

Keywords : *Comprehensive care, malasana prenatal yoga*  
Reference : 86 reference (2013-2023)