

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

**LAPORAN TUGAS AKHIR, JUNI 2025
INDAH DWI PUTRI**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. T DI PRAKTIK
MANDIRI BIDAN (PMB) LILIS SUGIANTI KOTA PEKANBARU**

xiii, 146 halaman, 8 tabel, 10 lampiran

ABSTRAK

Bidan memiliki peran penting dalam pemberian pelayanan kesehatan, mulai dari masa kehamilan, persalinan, masa nifas hingga perawatan bayi melalui pendekatan *Continuity of Midwifery Care (CoMC)*, yang bertujuan meningkatkan kesehatan ibu dan bayi serta mendeteksi dini risiko komplikasi. Asuhan kebidanan diberikan kepada Ny. T, G₁P₀A₀H₀ mulai dari usia kehamilan 32 minggu hingga masa nifas, di PMB Lilis Sugianti, Kota Pekanbaru, dari November 2024 hingga Juni 2025. Asuhan meliputi 5x kunjungan kehamilan, persalinan sesuai standar Asuhan Persalinan Normal (APN), 4x kunjungan masa nifas, dan 3x kunjungan masa neonatus. Pada trimester III, Ny. T mengeluhkan nyeri di perut bagian bawah dan punggung. Setelah diberikan asuhan berupa senam hamil, keluhan tersebut dapat teratasi. Persalinan berlangsung di usia kehamilan 40–41 minggu sesuai APN. Bayi lahir perempuan dengan Berat Badan 3300 gram dan Panjang Badan 52 cm, menangis kuat, tonus otot baik, dan berhasil melakukan Inisiasi Menyusu Dini (IMD). Terdapat post *heacting* laserasi derajat II. Selama masa nifas, terdapat keluhan nyeri luka perineum, perut rasa mules dan ASI sedikit keluhan diatasi dengan asuhan yang diberikan edukasi perawatan luka perineum, mobilisasi, pijat oksitosin serta konseling KB pasien menjadi akseptor KB suntik 3 bulan. Pada masa neonatus, dilakukan perawatan tali pusat, personal hygiene, dan pijat bayi. Bayi diberikan ASI eksklusif, tali pusat puput di hari ke-7, dan berat badan naik 700 gram dari 3300 gram menjadi 4000 gram pada usia 28 hari. Diharapkan bidan dapat melakukan asuhan kebidanan berkelanjutan mulai dari masa hamil hingga perawatan neonatus untuk mendukung kesehatan ibu dan bayi secara menyeluruh.

Kata Kunci : ***Asuhan Kebidanan komprehensif, Kehamilan, Persalinan, Nifas dan Neonatus***
Daftar Bacaan : 76 Referensi (2015 – 2023)

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

**FINAL PROJECT REPORT, JUNE 2025
INDAH DWI PUTRI**

Comprehensive Midwifery Care for Mrs. T at the Independent Midwifery Practice (PMB) of Lilis Sugianti in Pekanbaru City

xiii, 146 pages, 8 tables, 10 appendices

ABSTRACT

Midwives play an important role in providing healthcare services, from pregnancy, childbirth, postpartum, to newborn care through the Continuity of Midwifery Care (CoMC) approach, which aims to improve maternal and infant health as well as to detect early risks of complications. Midwifery care was provided to Mrs. T, G1P0A0H0, starting from 32 weeks of gestation until the postpartum period at PMB Lilis Sugianti, Pekanbaru City, from November 2024 to June 2025. The care included 5 antenatal visits, delivery following the standard Normal Birth Care (APN), 4 postpartum visits, and 3 neonatal visits. In the third trimester, Mrs. T complained of lower abdominal and back pain. After receiving antenatal care including pregnancy exercise classes, her complaints were resolved. Labor occurred at 40–41 weeks of gestation and followed APN standards. The baby was born female with a birth weight of 3300 grams and a length of 52 cm, cried vigorously, had good muscle tone, and successfully initiated early breastfeeding (IMD). A second-degree perineal laceration was noted post-delivery. During the postpartum period, Mrs. T experienced perineal pain, abdominal cramps, and low breast milk production. These complaints were managed through care that included perineal wound care education, mobilization, oxytocin massage, and family planning counseling. The patient opted for a 3-month injectable contraceptive. During the neonatal period, care included umbilical cord care, personal hygiene, and infant massage. The baby received exclusive breastfeeding, the umbilical cord detached on the 7th day, and the baby's weight increased by 700 grams, from 3300 grams to 4000 grams at 28 days old. It is expected that midwives continue to provide comprehensive midwifery care from pregnancy to neonatal care to support overall maternal and infant health.

Keywords : *Midwifery Care, Comprehensive, pregnancy, childbirth, naonates*

References : 76 References (2015 – 2023)