

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

**LAPORAN TUGAS AKHIR, JUNI 2025
DELFA SAFIRA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. I DI PRAKTIK
MANDIRI BIDAN SILVI AYU KOTA PEKANBARU TAHUN 2025**

x ± 152 Halaman + 7 Tabel + 10 Lampiran

ABSTRAK

Kehamilan, persalinan, masa nifas, bayi baru lahir, dan keluarga berencana merupakan siklus fisiologis kehidupan wanita. Namun, dalam pelaksanaannya, dapat terjadi komplikasi yang mengancam jiwa ibu dan bayi. Untuk mengatasi hal tersebut, Kementerian Kesehatan menerapkan transformasi layanan kesehatan primer melalui pendekatan *Continuity of Midwifery Care* (CoMC). Studi kasus ini bertujuan untuk memberikan asuhan kebidanan secara komprehensif kepada Ny. I di PMB Silvi Ayu, Kota Pekanbaru, mulai dari kehamilan, persalinan, masa nifas, hingga neonatus. Asuhan dilakukan dengan pendekatan manajemen kebidanan dan didokumentasikan menggunakan metode SOAP. Pendampingan CoMC dilakukan sejak Oktober-Desember 2025, mencakup tiga kali kunjungan selama kehamilan trimester III, pendampingan persalinan, empat kali kunjungan masa nifas, dan tiga kali kunjungan masa neonatus. Selama kehamilan trimester III, ditemukan keluhan berupa nyeri perut bagian bawah, konstipasi, perut terasa tegang. Ibu diberikan pendidikan kesehatan tentang cara mengatasi konstipasi dan senam hamil. Persalinan ditangani sesuai standar Asuhan Persalinan Normal (APN), dengan tambahan asuhan *birth ball* dan *counterpressure*. Bayi lahir spontan, menangis kuat, tonus otot baik, pergerakan aktif, berat badan 3.200 gram, panjang badan 48 cm, dan berjenis kelamin perempuan. Pada masa nifas terdapat keluhan nyeri jahitan perineum dan puting susu datar, diajarkan kompres dingin, teknik Hoffman, senam nifas, pijat oksitosin. Asuhan neonatus meliputi perawatan harian bayi, perawatan tali pusat, dan pijat bayi, terdapat peningkatan berat badan sebesar 400 gram. Diharapkan kepada bidan untuk terus mempertahankan pelayanan kebidanan yang komprehensif dan berkesinambungan, serta melengkapi dokumentasi sesuai dengan format SOAP.

Kata Kunci : *Asuhan kebidanan komprehensif, hamil, bersalin, nifas, neonatus*
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**MINISTRY OF HEALTH REPUBLIC OF INDONESIA
RIAU HEALTH POLYTECHNIC
MIDWIFERY DEPARTMENT
D III MIDWIFERY STUDY PROGRAM**

**FINAL PROJECT REPORT, JUNEY 2025
DELFA SAFIRA**

**COMPREHENSIVE MIDWIFERY CARES FOR MRS. I AT SILVI AYU
INDEPENDENT MIDWIFERY PRACTICE IN PEKANBARU CITY IN 2025**

x ± 152 Page + 7 Tables + 10 Attachman

ABSTRACK

Pregnancy, childbirth, postpartum, newborn care, and family planning are physiological cycles in a woman's life. However, complications may arise that endanger both mother and baby. To address these risks, the Ministry of Health has implemented a transformation in primary healthcare through the Continuity of Midwifery Care (CoMC) approach. This case study aims to provide comprehensive midwifery care for Mrs. I at PMB Silvi Ayu, Pekanbaru, covering pregnancy, childbirth, postpartum, and neonatal periods. Care was given using midwifery management principles and documented using the SOAP method. The CoMC care was conducted from October to December 2025, including three third-trimester antenatal visits, labor assistance, four postpartum visits, and three neonatal visits. In the third trimester, the mother reported lower abdominal pain, constipation, and abdominal tightness. Health education was provided on managing constipation and pregnancy exercises. Labor was carried out following the Standard Normal Delivery Care (APN), with additional support using a birth ball and counterpressure techniques. The baby was delivered spontaneously, cried strongly, had good muscle tone and active movements, weighed 3,200 grams, measured 48 cm, and was female. During the postpartum period, the mother experienced perineal pain and flat nipples. She was taught cold compresses, the Hoffman technique, postpartum exercises, and oxytocin massage. Neonatal care included daily baby care, umbilical cord care, and baby massage, with a weight gain of 400 grams. Midwives are encouraged to continue providing continuous and comprehensive care, ensuring documentation follows the SOAP format.

**Keywords : Pregnancy Care, Maternity, Postpartum, Neonates, Comprehensive
Reference :92 (2015-2025)**