

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU
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GRESYA AGUSTINA TURNIP

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. S DI PMB ROSITA
KOTA PEKANBARU TAHUN 2025**

ix ±145 Halaman , 7 Tabel , 9 Lampiran

ABSTRAK

Salah satu upaya yang dapat dilakukan bidan untuk menurunkan AKI dan AKB adalah melalui asuhan kebidanan dengan model *Continuity of Midwifery Care* (CoMC). Studi kasus ini bertujuan memberikan asuhan komprehensif pada Ny. S G2P1A0H1 di PMB Rosita, Kota Pekanbaru, meliputi masa kehamilan, persalinan, nifas, dan neonatus. Asuhan dilakukan menggunakan metode CoMC dan pendekatan manajemen kebidanan dari Oktober hingga Desember 2024. Kunjungan dilakukan sebanyak 3 kali selama kehamilan trimester III, 1 kali saat persalinan, 4 kali masa nifas, dan 3 kali masa neonatus. Pada kunjungan kehamilan trimester III ditemukan keluhan nyeri pinggang yang diatasi dengan senam hamil, sehingga keluhan berkurang. Persalinan berlangsung pada usia kehamilan 38–39 minggu, ditolong sesuai standar Asuhan Persalinan Normal (APN), dengan pemberian asuhan relaksasi saat kala I untuk mengurangi nyeri. Bayi lahir spontan, menangis kuat, tonus otot baik, berat badan 2.600 gram, panjang badan 48 cm, berjenis kelamin perempuan. Masa nifas berjalan normal, dengan asuhan berupa mobilisasi dini, teknik menyusui, pijat oksitosin, senam nifas, dan ibu tidak mengalami depresi postpartum. Hasil konseling KB, ibu memutuskan untuk menjadi akseptor KB suntik Progestin. Selama masa neonatus, dilakukan asuhan termasuk pijat bayi. Berat badan bayi meningkat 700 gram dalam 28 hari. Diharapkan bidan terus mempertahankan pemberian asuhan yang komprehensif dan berkesinambungan dari kehamilan, persalinan, nifas serta KB, dan neonatus.

Kata Kunci : Asuhan Kebidanan Komprehensif, Pijat Bayi, ASI Eksklusif, Konseling KB.

Daftar Bacaan : 63 Referensi (2013-2024)

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

**FINAL PROJECT REPORT, JUNE 2025
GRESYA AGUSTINA TURNIP**

**COMPREHENSIVE MIDWIFE CARE IN NY. S IN PMB ROSITA
PEKANBARU CITY 2025**

ix ±145 Page, 7 Table, 9 Attachments

ABSTRACT

One of the efforts that midwives can make to reduce maternal and infant mortality rates is through midwifery care with the Continuity of Midwifery Care (CoMC) model. This case study aims to provide comprehensive care to Mrs. S G2P1A0H1 at PMB Rosita, Pekanbaru City, covering pregnancy, childbirth, postpartum, and neonatal periods. Care was carried out using the CoMC method and a midwifery management approach from October to December 2024. Visits were made 3 times during the third trimester of pregnancy, 1 time during labor, 4 times during the postpartum period, and 3 times during the neonatal period. During the third trimester pregnancy visit, complaints of lower back pain were found which were treated with pregnancy exercises, so that the complaints were reduced. Labor took place at 38-39 weeks of gestation, assisted according to the Normal Delivery Care (APN) standard, with relaxation care provided during the first stage to reduce pain. The baby was born spontaneously, cried loudly, had good muscle tone, weighed 2.600 grams, was 48 cm long, and was female. The postpartum period was normal, with care in the form of early mobilization, breastfeeding techniques, oxytocin massage, postpartum gymnastics, and the mother did not experience postpartum depression. The results of family planning counseling, the mother decided to use the Progestin injection KB acceptor. During the neonatal period, care was provided including baby massage. The baby's weight increased by 700 grams in 28 days It is hoped that midwives will continue to provide comprehensive and continuous care for pregnancy, childbirth, postpartum and family planning, and neonates.

**Keyword : Midwifery Care Comprehensive, Baby Massage, Exclusive
Breastfeeding, Family planning counseling.**

Reading list : 63 Reference (2013-2024)