

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIII KEBIDANAN**

**LAPORAN TUGAS AKHIR, JUNI 2025
ADELIA SARASWATI**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. R DI PMB SITI
JULAEHA PEKANBARU**

xi ± 144 Halaman + 8 Tabel + 11 Lampiran

ABSTRAK

Upaya penurunan Angka Kematian Ibu (AKI) dilakukan dengan memastikan akses ibu terhadap pelayanan kesehatan yang berkualitas, termasuk asuhan kehamilan, persalinan, nifas, dan neonatus, serta layanan keluarga berencana. Salah satu metode yang digunakan adalah *Continuity of Midwifery Care* (CoMC). Studi kasus ini bertujuan memberikan asuhan kebidanan pada Ny.R dari masa hamil trimester III (G₄P₃A₀H₃), bersalin, nifas, dan bayi baru lahir di PMB Siti Julaeha Kota Pekanbaru dengan pendekatan manajemen Kebidanan. Asuhan kebidanan dimulai pada usia kehamilan 34 minggu, dan dilakukan 4 kali kunjungan kehamilan, persalinan, 4 kali pada masa nifas, serta 4 kunjungan neonatus, dan tanggal 09 Desember 2024 sampai dengan 28 Februari 2025. Keluhan pada saat kehamilan adalah gangguan tidur dikarenakan sering BAK yang diatasi dengan mengurangi minum sebelum tidur, dan nyeri perut bagian bawah dengan kompres hangat. Asuhan persalinan sesuai standar APN, bayi lahir spontan dengan berat badan 3200 gram dan panjang badan 48 cm. Pada masa nifas asuhan yang diberikan yaitu, perawatan luka perineum dan senam nifas. Pada neonatus dilakukan perawatan tali pusat dan pijat bayi. Pada usia 15 hari didapatkan peningkatan berat badan sebesar 500 gram menjadi 3.800 gram. Pada akhir asuhan, bayi dalam keadaan sehat dan tetap diberikan ASI saja. Bidan diharapkan dapat meningkatkan dan mempertahankan asuhan kebidanan berdasarkan *evidence based*.

Kata Kunci: *Asuhan Kebidanan Komprehensif, kram perut bagian bawah, EPDS, Pijat Bayi.*

Daftar Bacaan : 67 Referensi (2015-2025)

**MINISTRY OF HEALTH REPUBLIC OF INDONESIA
HEALTH POLYTECHNIC KEMENKES RIAU
DIII MIDWIFERY STUDY PROGRAM**

FINAL PROJECT REPORT, JUNE 2025

ADELIA SARASWATI

**COMPREHENSIVE MIDWIFERY CARE ON NY. R IN PMB SITI
JULAEHA PEKANBARU**

xi ± 144 Pages + 8 Tables + 11 Attachments

ABSTRACT

Efforts to reduce maternal mortality rates (MMR) are carried out by ensuring maternal access to quality health services, including pregnancy, labor, delivery, postpartum, and neonatal care, as well as family planning services. One of the methods used is Continuity of Midwifery Care (CoMC). This case study aims to provide midwifery care to Mrs. R from the third trimester of pregnancy (G4P3A0H3), delivery, postpartum, and newborn at PMB Siti Julaeha Pekanbaru City. The care provided is in accordance with midwifery standards and SOAP documentation. Midwifery care was given at the first contact of 34 weeks of gestation, and carried out 4 visits during pregnancy, childbirth, 4 times in the postpartum period, and 4 neonate visits, starting from December 09, 2024 to February 28, 2025. Complaints experienced by Mrs. R during pregnancy were sleep disturbances due to frequent urination. The care given was to reduce drinking at night, especially before bed, and lower abdominal pain. The care given was an abdominal compress with a warm bottle / towel, the care given was as needed and could be overcome. Delivery care according to APN standards, the baby was born spontaneously with a body weight of 3200 grams and a length of 48 cm. In the postpartum period the care provided was perineal wound care, postpartum exercises, and Edinburgh Postnatal Depression Scale (EPDS) Screening with a score of 2, which is the non-depressed category. In neonates, umbilical cord care and baby massage were performed.

Keywords: Comprehensive Midwifery Care, Lower Abdominal Cramps, EPDS, Baby Massage

Reading list : 67 References (2015-2025)