

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

**LAPORAN TUGAS AKHIR, JUNI 2025  
ANDINI PUTRI WARMAN**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. A DI PRAKTIK  
MANDIRI BIDAN ERMA SURIANTI**

**PEKANBARU**

**xiv ± 158 Halaman + 7 Tabel + 10 Lampiran**

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**ABSTRAK**

Angka Kematian Ibu (AKI) dan Angka Kematian Bayi (AKB) masih menjadi tantangan serius dalam sistem kesehatan di Indonesia. Salah satu upaya efektif untuk menurunkan angka tersebut adalah melalui model asuhan kebidanan yang berkelanjutan, yaitu *Continuity of Midwifery Care* (CoMC). Studi kasus ini bertujuan untuk memberikan asuhan kebidanan komprehensif dan berkesinambungan pada Ny. A 32 tahun, mencakup masa kehamilan, persalinan, nifas, dan neonatus. Asuhan berlangsung selama tiga bulan (Desember 2024 – Februari 2025) di PMB Erma Surianti dan rumah pasien di Pekanbaru, meliputi 3x kunjungan kehamilan, 1x asuhan persalinan normal, 5x kunjungan nifas, dan 5x kunjungan neonatus. dengan pendekatan manajemen kebidanan dan dokumentasi SOAP. Keluhan yang dialami Ny. A pada saat kehamilan adalah kram perut dan kontraksi palsu. Asuhan yang diberikan adalah kompres hangat, mengajarkan senam hamil, dan teknik relaksasi sehingga keluhan yang dialami ibu teratasi. Asuhan Persalinan Normal (APN) sesuai standar. Asuhan yang diberikan bertujuan untuk mengurangi rasa nyeri dan meningkatkan kenyamanan ibu selama proses persalinan. Asuhan nya adalah teknik relaksasi, *massage counterpressure*, *birth ball*, serta menghadirkan pendamping saat bersalinan. Persalinan berlangsung normal. Bayi lahir spontan berjenis kelamin perempuan dengan berat 3.000 gram, dan panjang 48 cm. Pada masa nifas asuhan yang diberikan yaitu senam nifas, pijat oksitosin untuk memperlancar pengeluaran ASI ibu dan Skrining *Edinburgh Postnatal Depression Scale* (EPDS) dengan skor 5 yaitu kategori normal. Pada neonatus dilakukan perawatan tali pusat dan pijat bayi sehingga terjadinya peningkatan berat badan sebesar 700 gram, mencapai total berat 3.700 gram pada 28 hari kunjungan. Bidan diharapkan mampu untuk mengaplikasikan asuhan yang telah diberikan sesuai dengan kebutuhan pasien berdasarkan *evidence based*.

Kata Kunci : Asuhan Kebidanan Komprehensif hamil, besalin, nifas, neonatus

Daftar Bacaan : 96 Referensi (2015-2024)

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

**FINAL PROJECT REPORT, JUNE 2025**

**ANDINI PUTRI WARMAN**

**COMPREHENSIVE MIDWIFERY CARE FOR NY. A AT PRIVATE  
PRACTICE OF MIDWIFE ERMA SURIANTI**

**PEKANBARU**

**xiv ± 158 Pages + 7 Tables + 10 Lampirans**

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**ABSTRACT**

Maternal mortality rates (MMR) and infant mortality rates (IMR) remain serious challenges in Indonesia's healthcare system. One effective approach to reducing these rates is through a model of continuous midwifery care, known as Continuity of Midwifery Care (CoMC). This case study aims to provide comprehensive and continuous midwifery care to Mrs. A, a 32-year-old woman, covering the periods of pregnancy, childbirth, postpartum, and neonatal care. The care was provided over three months (December 2024–February 2025) at PMB Erma Surianti and the patient's home in Pekanbaru, including 3 prenatal visits, 1 normal delivery care, 5 postpartum visits, and 5 neonatal visits, using a midwifery management approach and SOAP documentation. Mrs. A's complaints during pregnancy were abdominal cramps and false contractions. The care provided included warm compresses, teaching prenatal exercises, and relaxation techniques to alleviate the mother's complaints. Normal Childbirth Care (APN) was provided according to standards. The care provided aimed to reduce pain and enhance the mother's comfort during the delivery process. The care included relaxation techniques, counterpressure massage, a birth ball, and the presence of a companion during delivery. The delivery proceeded normally. The baby was born spontaneously, a female weighing 3,000 grams and measuring 48 cm in length. During the postpartum period, care provided included postpartum exercises, oxytocin massage to facilitate milk production, and the Edinburgh Postnatal Depression Scale (EPDS) screening with a score of 5, indicating a normal category. For the newborn, umbilical cord care and infant massage were performed, resulting in a weight gain of 700 grams, reaching a total weight of 3,700 grams at the 28-day follow-up visit. Midwives are expected to apply the care provided in accordance with the patient's needs based on evidence-based practices.

Keywords : Comprehensive Midwifery Care for Pregnancy, Childbirth, Postpartum, and Neonates

Reading List : 96 References (2015-2024).