

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

**LAPORAN TUGAS AKHIR, MEI 2025
ADINDA KHAIRUNISA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. S DI PMB
RUSPITA SINAGA PEKANBARU TAHUN 2025**

xiv + 131 Halaman, 6 Tabel, 9 Lampiran

ABSTRAK

Angka Kematian Ibu (AKI) dan Angka Kematian Bayi (AKB) di Indonesia menjadi tantangan dalam bidang kesehatan. Penyebab utama AKI adalah preeklamsia, perdarahan, dan infeksi. Salah satu upaya yang dilakukan yaitu dengan menerapkan model asuhan kebidanan yang komprehensif dan berkelanjutan atau *Continuity of Midwifery Care* (CoMC). Asuhan ini dilakukan untuk mendeteksi dini dan mencegah komplikasi pada masa kehamilan, persalinan, nifas dan neonatus. Asuhan secara berkesinambungan pada Ny. S G1P0A0H0 diberikan di PMB Ruspita Sinaga Kota Pekanbaru dari bulan Oktober 2024 - Januari 2025. Pada masa kehamilan dilakukan sebanyak 4 kali kunjungan dimulai dari usia kehamilan 34 minggu, nifas 4 kunjungan, neonatus 3 kunjungan. Keluhan yang dialami selama trimester 3 oleh Ny. S adalah sesak pada abdomen dan nyeri punggung, diberikan asuhan *Deep Breathing Exercise* dan senam hamil. Persalinan berlangsung SC usia kehamilan 40 minggu atas indikasi PEB di RS PMC pada tanggal 01 Desember 2024. Pada masa nifas terdapat masalah, nyeri pada luka jahitan SC, yang diatasi dengan teknik relaksasi dan mobilisasi dini, perawatan payudara, teknik menyusui bayi, menjaga personal hygiene dan menjelaskan alat kontrasepsi yang cocok untuk ibu menyusui. Ibu memutuskan menggunakan metode kontrasepsi jenis suntik progestin. Asuhan pada neonatus diajarkan teknik pijat bayi dan perawatan tali pusat. Asuhan Ny.S meliputi kunjungan ANC, INC, nifas, neonatus dengan intervensi penanganan keluhan hamil, persalinan karena PEB, nifas, perawatan bayi dan KB. Terjadi peningkatan berat badan bayi sebanyak 400 gram. Diharapkan tenaga kesehatan khususnya bidan dapat meningkatkan asuhan kebidanan sesuai standar kebidanan serta meningkatkan kualitas pelayanan kebidanan komprehensif.

Kata Kunci: Asuhan kebidanan, komprehensif, Hamil, Bersalin, Nifas, Neonatus, preeklamsia, AKI, AKB

Referensi : 88 Referensi (2015-2024)

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

**FINAL PROJECT REPORT, MAY 2025
ADINDA KHAIRUNISA**

**COMPREHENSIVE MIDWIFERY CARE FOR MS. S AT PMB
RUSPITA SINAGA PEKANBARU IN 2025**

xiv + 131 Pages, 6 Table, 9 Appendices

ABSTRACT

Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR) remain critical public health challenges in Indonesia. Major causes of maternal death include preeclampsia, hemorrhage, and infection. One of the efforts made is by implementing a comprehensive and sustainable midwifery care model or Continuity of Midwifery Care (CoMC). This care is carried out to detect early and prevent complications during pregnancy, childbirth, postpartum and neonate. Continuous care for Mrs. S G1P0A0H0 was provided at PMB Ruspita Sinaga Pekanbaru City from October 2024 - January 2025. During pregnancy, there were 4 visits starting from 34 weeks of gestation, 4 postpartum visits, 3 neonates visits. Complaints experienced during trimester 3 by Mrs. S were abdominal tightness and back pain, given Deep Breathing Exercise care and pregnant gymnastics. Delivery took place SC at 40 weeks of gestation for indications of PEB at PMC Hospital on December 01, 2024. One of the efforts made is by applying a comprehensive and sustainable midwifery care model or Continuity In the puerperium there is a problem, pain in the SC suture wound, which is overcome by relaxation techniques and early mobilization, breast care, baby feeding techniques, maintaining personal hygiene and explaining contraceptives that are suitable for breastfeeding mothers. The mother decided to use progestin injection method of contraception. Care for neonates was taught baby massage techniques and umbilical cord care. Mrs.S's care included ANC visits, INC, postpartum, neonate with interventions for handling pregnant complaints, labor due to PEB, postpartum, baby care and birth control. There was an increase in baby weight by 400 grams. It is expected that health workers, especially midwives, can improve midwifery care according to midwifery standards and improve the quality of comprehensive midwifery services.

Kata Kunci: Midwifery Care, Comprehensive, Pregnancy, Childbirth, Postpartum, Neonates, preeclampsia, maternal mortality, infant mortality

Referensi : 88 References (2015-2024)