

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

**LAPORAN TUGAS AKHIR, JUNI 2025
RISKA AZIZAH PUTRI**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. A
DI PMB ROSITA PEKANBARU
xi + 157 Halaman + 7 Tabel + 4 Gambar + 11 Lampiran**

ABSTRAK

Bidan merupakan salah satu tenaga kesehatan yang berperan penting dalam upaya menurunkan Angka Kematian Ibu (AKI) di Indonesia, dikarenakan bidan sebagai salah satu tenaga kesehatan yang melakukan kontak secara langsung dengan perempuan. Salah satu pendekatan yang dapat dilakukan adalah *Continuity of Midwifery Care* (CoMC), yaitu asuhan kebidanan yang komprehensif sejak masa kehamilan, persalinan, nifas hingga keluarga berencana. Asuhan ini diberikan kepada Ny. A, G4P1A2H1, pada usia kehamilan 33–34 minggu di PMB Rosita Kota Pekanbaru dari bulan November 2024 hingga Januari 2025. Selama kehamilan trimester III, Ny. A mengalami keluhan nyeri punggung, sering buang air kecil, dan merasakan kontraksi yang diatasi melalui edukasi senam hamil. Persalinan terjadi pada usia kehamilan 37 minggu dengan proses spontan dan pertolongan sesuai standar Asuhan Persalinan Normal (APN), termasuk pemberian massage punggung untuk mengurangi nyeri. Bayi laki-laki lahir dengan berat 3100 gram dan panjang 50 cm dalam kondisi baik. Masa nifas mencakup 4x kunjungan, ditemukan masalah ASI belum lancar dan dilakukan konseling KB, ibu memilih suntik 3 bulan. Kunjungan neonatus meliputi perawatan tali pusat dan pijat bayi, dengan tali pusat puput pada hari ke-5 dan peningkatan berat badan bayi sebanyak 400 gram di hari ke-13. Asuhan CoMC terbukti efektif meningkatkan kesehatan ibu dan bayi. Disarankan kepada bidan sebagai tenaga kesehatan dapat mempertahankan pemberian pelayanan kebidanan secara komprehensif terutama asuhan ibu hamil, bersalin, nifas dan neonatus.

Kata Kunci : Asuhan Hamil, Bersalin, Nifas, Neonatus, Komprehensif
Daftar Bacaan : 50 referensi (2015-2024)

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

FINAL PROJECT REPORT, JUNE 2025

RISKA AZIZAH PUTRI

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. A
AT PMB ROSITA PEKANBARU**

x + 160 Pages + 8 Tables + 4 Figures + 11 Appendices

ABSTRAK

Midwives are one of the health workers who play an important role in efforts to reduce the Maternal Mortality Rate (MMR) in Indonesia, because midwives are one of the health workers who have direct contact with women. One approach that can be taken is *Continuity of Midwifery Care* (CoMC), which is comprehensive midwifery care from pregnancy, childbirth, postpartum to family planning. This care was provided to Mrs. A, G4P1A2H1, at 33–34 weeks of pregnancy at PMB Rosita Pekanbaru City from November 2024 to January 2025. During the third trimester of pregnancy, Mrs. A experienced complaints of back pain, frequent urination, and contractions which were overcome through pregnancy exercise education. Labor occurred at 37 weeks of pregnancy with a spontaneous process and assistance according to Normal Delivery Care (APN) standards, including providing back massage to reduce pain. A baby boy was born weighing 3100 grams and 50 cm long in good condition. The postpartum period includes four visits, it was found that the problem of breast milk was not smooth and family planning counseling was carried out, the mother chose a 3-month injection. Neonatal visits include umbilical cord care and baby massage, with the umbilical cord falling off on the 5th day and the baby's weight increasing by 400 grams on the 13th day. CoMC care has been proven to be effective in improving the health of mothers and babies. It is recommended that midwives as health workers can maintain the provision of comprehensive midwifery services, especially care for pregnant women, childbirth, postpartum and neonates.

Keywords: Antenatal Care, Intrapartum Care, Postpartum Care, Neonatal Care, Comprehensive

References: 50 sources (2015–2024)