

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

**LAPORAN TUGAS AKHIR, JUNI 2025
AQILA NAYYARA MAHARANI**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. L DI PMB
FATMAWATI KOTA PEKANBARU**

v + 131 halaman, 6 tabel, 1 gambar, 11 lampiran

ABSTRAK

Asuhan kebidanan komprehensif merupakan pelayanan berkelanjutan yang diberikan kepada ibu hamil mulai dari masa kehamilan, persalinan, nifas, hingga neonatus, dengan tujuan meningkatkan kualitas kesehatan ibu dan bayi serta menurunkan angka kematian ibu dan bayi. Salah satu pendekatan yang diterapkan yaitu *Continuity of Midwifery Care (CoMC)*. Studi kasus ini bertujuan memberikan asuhan kebidanan trimester III, persalinan, masa nifas, dan neonatus dengan metode dokumentasi SOAP pada Ny.L di PMB Fatmawati, Kota Pekanbaru. Asuhan ini diberikan dari 18 November 2024 hingga 31 Januari 2025. Pada usia kehamilan 35-36 minggu, keluhan yang muncul yaitu nyeri perut bagian bawah dan kontraksi Braxton Hicks, yang diatasi dengan kompres hangat, senam hamil, dan peregangan. Asuhan diberikan sesuai kebutuhan, serta masalah dapat teratasi. Persalinan dilakukan sesuai standar Asuhan Persalinan Normal (APN). Pada kala I dilakukan *deep back massage* untuk mengurangi rasa nyeri persalinan. Bayi lahir spontan, jenis kelamin perempuan dengan berat badan 2800 gram dan panjang badan 46 cm, serta plasenta lahir lengkap. Pada masa nifas ditemukan masalah ASI belum lancar pada hari pertama dilakukan pijat oksitosin, sehingga ASI lancar pada hari ketiga. Kunjungan nifas ketiga dilakukan konseling KB dan ibu memilih suntik progestin. Pada kunjungan neonatus dilakukan perawatan tali pusat dan pijat bayi. Tali pusat puput pada hari ke 5. Selama pemantauan hingga hari ke 24, terjadi peningkatan berat badan bayi sebanyak 700 gram, yang menunjukkan perkembangan bayi dalam kondisi baik. Diharapkan kepada bidan sebagai tenaga kesehatan untuk terus mempertahankan pemberian pelayanan kebidanan secara komprehensif dan berkesinambungan, khususnya dalam asuhan ibu hamil, bersalin, masa nifas, serta neonatus.

Kata Kunci: *Asuhan Kebidanan Komprehensif, Kehamilan, Persalinan, Nifas, Dan Neonatus.*

Daftar Bacaan: 62 referensi (2014-2024)

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

**FINAL PROJECT REPORT, JUNE 2025
AQILA NAYYARA MAHARANI**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. L AT PMB
FATMAWATI PEKANBARU CITY**

vi + 131 pages, 6 tables, 1 picture, 11 appendices.

ABSTRACT

Comprehensive midwifery care is a continuous service provided to pregnant women starting from the antenatal period through labor, postpartum, and neonatal, with the aim of improving the health quality of mothers and babies, as well as reducing maternal and infant mortality rates. One of the approaches applied is the Continuity of Midwifery Care (CoMC). This case study aims to provide midwifery care during the third trimester, labor, postpartum, and neonatal periods using the SOAP for Mrs. L at Fatmawati Midwifery Clinic in Pekanbaru City. The care was provided from November 18, 2024, to January 31, 2025. At 35–36 weeks of gestation, the client complained of lower abdominal pain and Braxton Hicks contractions, which is overcome with warm compresses, pregnancy exercise, and stretching. Care was given based on her needs, and the complaints were resolved. Labor was carried out according to the Standard of Normal Labor Care (APN). In the first stage of labor, deep back massage was provided to reduce labor pain. The baby was born spontaneously, female, with a birth weight of 2800 grams, body length of 46 cm, and the placenta was completely. During the postpartum period, breast milk was not flowing smoothly on the first day, and oxytocin massage was performed, which helped improve milk flow by the third day. During the third postpartum visit, family planning counseling was provided, and the mother chose the progestin injection method. During the neonatal visit, umbilical cord care and baby massage were performed. The umbilical cord fell off on the fifth day. During monitoring up to the 24th day, the baby's weight increased by 700 grams, indicating good growth and development. It is expected that midwives, as healthcare providers, continue to deliver comprehensive and continuous midwifery care, especially in the care of pregnant women, labor, postpartum, and neonates.

Keywords: *Comprehensive Midwifery Care, Pregnancy, Childbirth, Postpartum and Neonatal.*

Reading List: 62 references (2014-2024)