

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PRODI D-III KEBIDANAN**

**LAPORAN TUGAS AKHIR, JUNI 2025
PUTRI SAVANA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY.N DI PMB
ZURRAHMI
KOTA PEKANBARU**

xii +125 HALAMAN, 10 TABEL, 8 LAMPIRAN

ABSTRAK

Asuhan kebidanan komprehensif merupakan pendekatan pelayanan yang mencakup pemantauan kesehatan ibu dan bayi secara menyeluruh mulai dari masa kehamilan, persalinan, nifas, dan pada masa bayi baru lahir. Studi kasus ini tentang asuhan kebidanan yang dilakukan pada Ny. N G2P1A0H1 usia 26 tahun yang dimulai pada usia kehamilan 33 - 34 minggu di PMB Zurrahmi Kota Pekanbaru pada tanggal 15 Desember sampai dengan 2 Maret. Asuhan dilanjutkan pada masa persalinan, nifas, dan pada bayi Ny. N dengan pendekatan manajemen kebidanan. Selama masa kehamilan Ny. N ditemukan masalah nyeri pinggang dan perut bagian bawah yang diatasi melalui intervensi senam hamil, rendam air hangat, dan istirahat cukup. Persalinan berlangsung secara normal dengan laserasi derajat 2. Teknik pengurangan nyeri non-farmakologis yaitu pijat punggung dan relaksasi. Bayi lahir spontan dengan jenis kelamin perempuan, berat badan 3.600 gram dan panjang 49 cm dalam kondisi sehat. Pada masa nifas ditemukan masalah ketidaknyamanan nyeri pada luka jalan lahir dan ASI belum lancar. Intervensi mencakup perawatan luka, pemberian nutrisi tinggi protein, edukasi ASI eksklusif, serta konseling KB dan ibu memutuskan untuk menggunakan KB suntik 3 bulan. Asuhan neonatus pada bayi Ny. N dilakukan sesuai standar kunjungan KN 1, 2, dan 3. Asuhan yang berikan termasuk pemberian salep mata antibiotik profilaksis, imunisasi HB0 dan vitamin K, perawatan tali pusat, pemantauan pertumbuhan, serta dilakukan asuhan pijat bayi. Terjadi penurunan BB sebanyak 300 gram dihari ke 6 yang masih dalam batas normal tidak melebihi 10% BB pada saat lahir, berat badan mengalami peningkatan kembali dihari ke 21 sebanyak 400 gram. Diharapkan tenaga kesehatan khususnya bidan agar dapat mempertahankan pelayanan komprehensif dan berkesinambungan sesuai dengan standart pelayanan kebidanan dimulai dari masa kehamilan, bersalin, nifas. dan bayi baru lahir.

Kata Kunci : Asuhan kebidanan komprehensif, kehamilan, persalinan, nifas, neonatus.

Referensi: 60 referensi (2013-2024).

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

**FINAL ASSIGNMENT, JUNI 2025
PUTRI SAVANA**

**COMPREHENSIVE MIDWIFERY CARE FOR Mrs.N AT PMB
ZURRAHMI PEKANBARU CITY**

xii +125 PAGES, 10 TABLES, 8 APPENDICES

ABSTRACT

Comprehensive midwifery care is a service approach that includes comprehensive monitoring of maternal and infant health starting from pregnancy, childbirth, postpartum, and during the newborn period. This case study is about midwifery care carried out on Mrs. N G2P1A0H1, 26 years old, which began at 33-34 weeks of pregnancy at PMB Zurrahmi Pekanbaru City on December 15 to March 2. Care was continued during labor, postpartum, and for Mrs. N's baby with a midwifery management approach. During Mrs. N's pregnancy, problems with lower back and abdominal pain were found which were addressed through pregnancy exercise interventions, warm water soaks, and adequate rest. Labor proceeded normally with 2nd degree lacerations. Non-pharmacological pain reduction techniques were back massage and relaxation. The baby was born spontaneously with female sex, weight 3,600 grams and length 49 cm in healthy condition. During the postpartum period, problems of discomfort, pain in the birth canal wound and breast milk were not yet smooth. Interventions included wound care, providing high-protein nutrition, exclusive breastfeeding education, and family planning counseling and the mother decided to use a 3-month injection of contraception. Neonatal care for Mrs. N's baby was carried out according to the standard KN 1, 2, and 3 visits. The care provided included the administration of prophylactic antibiotic eye ointment, HB0 and vitamin K immunization, umbilical cord care, growth monitoring, and infant massage care. There was a decrease in body weight of 300 grams on the 6th day which was still within normal limits not exceeding 10% of body weight at birth, body weight increased again on the 21st day by 400 grams. It is hoped that health workers, especially midwives, can maintain comprehensive and continuous services in accordance with midwifery service standards starting from pregnancy, childbirth, postpartum, and newborns.

Keywords: Comprehensive midwifery care, pregnancy, childbirth, postpartum , neonate.

Referensi: 60 referensi (2013-2024).