

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

**LAPORAN TUGAS AKHIR, JUNI 2025  
CINDY JIHAN HAZIMAH**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. R DI PMB  
DARLIANA KOTA PEKANBARU TAHUN 2025**

**xiii+ 163 Halaman, 10 Tabel, 13 Lampiran**

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**ABSTRAK**

Transformasi kesehatan primer menempatkan bidan sebagai peran kunci dalam menurunkan angka kematian ibu dan bayi. Studi kasus ini bertujuan memberikan asuhan kebidanan komprehensif dan berkesinambungan pada Ny. R, primigravida berusia 24 tahun, dari kehamilan hingga nifas di PMB Darliana Kota Pekanbaru pada Oktober 2024 hingga Januari 2025. Metode yang digunakan adalah asuhan dengan pendekatan *Continuity of Midwifery Care* (CoMC). Pengumpulan data dilakukan melalui anamnesa, pemeriksaan fisik, pemeriksaan TTV, dan pemeriksaan penunjang. Instrumen yang digunakan meliputi KSPR, penapisan persalinan, lembar observasi, partograf, skrining EPDS, buku KIA, *leaflet*, dan *Mom Lova Pocket Book*. Asuhan didokumentasikan menggunakan metode SOAP. Kunjungan dilakukan 4 kali selama kehamilan, pendampingan persalinan, 4 kali kunjungan nifas, dan 3 kali kunjungan neonatus. Selama kehamilan ditemukan keluhan keputihan yang diatasi dengan terapi rebusan daun sirih. Pada saat persalinan, diberikan intervensi non-farmakologis seperti *birth ball*, *counterpressure massage*, dan teknik relaksasi pernapasan dalam. Ny. R bersalin pada usia kehamilan 40 minggu, bayi lahir spontan, aterm, langsung menangis, dan pergerakan aktif dengan BB 2800 gram dan PB 49 cm. Selama masa nifas tidak ditemukan komplikasi. Ibu diberikan intervensi tambahan berupa senam nifas dan perawatan payudara untuk mendukung pemulihan. Hasil konseling KB menunjukkan ibu memutuskan menggunakan kontrasepsi suntik 3 bulan. Asuhan neonatus meliputi asuhan rutin dan pijat bayi. Pada usia 22 hari, BB bayi meningkat 500 gram dari berat badan lahir 2800 gram menjadi 3300 gram. Laporan ini diharapkan menjadi referensi pengembangan ilmu kebidanan, khususnya terkait asuhan kebidanan pada ibu dengan *fluor albus*.

**Kata Kunci : Asuhan kebidanan, *Continuity of Midwifery Care*, *fluor albus*, daun sirih**

**Daftar Bacaan : 98 Referensi (2015-2025)**

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

**FINAL PROJECT REPORT, JUNE 2025  
CINDY JIHAN HAZIMAH**

**COMPREHENSIVE MIDWIFERY FOR Mrs. R AT PMB DARLIANA  
PEKANBARU CITY IN 2025**

**xiii+ 163 Pages, 10 Tables, 13 Attachments**

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**ABSTRACT**

*The transformation of primary healthcare highlights the essential role of midwives in reducing maternal and infant mortality. This study case aims to provide comprehensive and continuous midwifery care to Mrs. R, a 24-year-old primigravida, from pregnancy to postpartum at PMB Darliana, Pekanbaru City, from October 2024 to January 2025. The Continuity of Midwifery Care (CoMC) approach was used. Data collection included anamnesis, physical examination, vital sign checks, and supporting examinations. Instruments used were the KSPR, labor screening form, observation sheets, partograph, EPDS screening form, KIA book, leaflet, and Mom Lova Pocket Book. Care documentation followed the SOAP method. Visits were conducted four times during pregnancy, four times during labor, four times postpartum, and three times for neonatal care. During pregnancy, the patient experienced vaginal discharge, managed with betel leaf decoction therapy. During labor, non-pharmacological methods such as birth ball, counterpressure massage, and deep breathing relaxation techniques were employed. Mrs. R delivered spontaneously at 40 weeks gestation. The baby was born at term, cried immediately, moved actively, weighed 2,800 grams, and measured 49 cm in length. No complications occurred during the postpartum period. Additional care included postpartum exercises and breast care to support maternal recovery. Family planning counseling was provided, and the mother chose the 3-month injectable contraceptive. Neonatal care involved routine care and infant massage. The baby's weight increased by 500 grams within 22 days, from 2,800 grams at birth to 3,300 grams. This report is expected to serve as a reference for the advancement of midwifery science, particularly regarding care for mothers experiencing fluor albus.*

**Keywords : Midwifery care, Continuity of Midwifery Care, vaginal discharge, betel leaf**

**References : 98 References (2015-2025)**