

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
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**LAPORAN TUGAS AKHIR, MEI 2025
ANISA UNAZIFAH**

**ASUHAN KEBIDANAN KOMPREHENSIF NY. L DI PMB
ERMA SURIANTI DI KOTA PEKANBARU**

xiv, ± 130 Halaman, 9 Tabel, 10 Lampiran

ABSTRAK

Kehamilan merupakan proses fisiologis yang memerlukan perhatian khusus karena berpotensi menimbulkan risiko, salah satunya adalah anemia. Anemia dalam kehamilan dapat meningkatkan risiko komplikasi seperti kelelahan, perdarahan saat persalinan, bayi berat lahir rendah (BBLR), hingga kematian perinatal. Penanganan anemia memerlukan pendekatan holistik melalui pelayanan kebidanan berkesinambungan seperti *Continuity of Midwifery Care* (CoMC). Laporan Tugas Akhir ini bertujuan untuk menggambarkan asuhan kebidanan komprehensif berbasis CoMC pada Ny. L di Praktik Mandiri Bidan Erma Surianti Kota Pekanbaru. Asuhan kebidanan ini dilakukan pada bulan November 2024 sampai bulan Januari 2025, yang dimulai dari kehamilan hingga masa nifas dan neonatus. Ibu hamil mengalami anemia sedang dengan kadar hemoglobin (Hb) 9,2 g/dL. Intervensi yang diberikan berupa edukasi gizi, pemberian tablet fe dan terapi buah naga sebagai alternatif peningkatan Hb. Hasil evaluasi menunjukkan kenaikan kadar Hb menjadi 11,9 g/dL sebelum persalinan. Persalinan berlangsung spontan pada usia kehamilan 40–41 minggu, bayi lahir dengan berat badan 3.400 gram dan panjang 49 cm. Asuhan nifas yang diberikan yaitu pijat oksitosin yang berguna untuk membantu merangsang produksi hormon oksitosin, yaitu hormon yang berperan penting dalam kontraksi uterus sehingga membantu pengecilan rahim ke ukuran semula dan pengeluaran ASI sehingga memudahkan ibu menyusui serta asuhan lainnya perawatan payudara untuk memperlancar peredaran darah dan mencegah tersumbatnya saluran ASI. Pada neonatus diberikan asuhan pijat bayi dan perawatan bayi sehari-hari yang dilakukan sesuai standar, setelah diberikan pijat bayi peningkatan berat badan bayi sebesar 800 gram selama 23 hari. Penerapan CoMC terbukti efektif meningkatkan status kesehatan ibu dan bayi serta mengoptimalkan penanganan anemia secara alami.

Kata kunci : Asuhan Kebidanan Komprehensif, Continuity of Midwifery Care, Kehamilan, persalinan, nifas , dan neonatus
Daftar Pustaka : 45 referensi (2015-2024)

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

FINAL REPORT, MAY 2025

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**COMPREHENSIVE MIDWIFERY CARE FOR NY. L AT PMB
ERMA SURIANTI, PEKANBARU**

xiv , ± 137 pages, 9 tables, 10 attachments

ABSTRAK

Pregnancy is a physiological process that requires special attention due to its potential risks, one of which is anemia. Anemia during pregnancy can increase the risk of complications such as fatigue, bleeding during labor, low birth weight (LBW), and even perinatal death. The management of anemia requires a holistic approach through continuous midwifery care services such as the Continuity of Midwifery Care (CoMC) model. This Final Report aims to describe comprehensive midwifery care based on the CoMC approach for Mrs. L at the Independent Midwifery Practice of Erma Surianti in Pekanbaru City. The care was provided from November 2024 to January 2025, covering the pregnancy, postpartum, and neonatal periods. The pregnant woman was diagnosed with moderate anemia, with a hemoglobin (Hb) level of 9.2 g/dL. The interventions provided included nutritional education, iron tablet supplementation, and dragon fruit therapy as an alternative to increase Hb levels. Evaluation results showed an increase in Hb to 11.9 g/dL before delivery. Labor occurred spontaneously at 40–41 weeks of gestation, and the baby was born with a birth weight of 3,400 grams and a length of 49 cm. Postpartum care included oxytocin massage, which helps stimulate the production of the hormone oxytocin, essential for uterine contractions to support uterine involution and for milk ejection to facilitate breastfeeding. Other postpartum care included breast care to improve blood circulation and prevent blocked milk ducts. Neonatal care included baby massage and daily newborn care according to standards. After baby massage, the infant showed a weight gain of 800 grams over 23 days. The application of the CoMC model proved effective in improving maternal and neonatal health status and in optimizing natural management of anemia.

Keywords: Comprehensive Midwifery Care, Continuity of Midwifery Care, Pregnancy, *delivery, postpartum, neonate*
Reading list : 45 Reference (2015-2024)