

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

**LAPORAN TUGAS AKHIR, JUNI 2025
NURINA ZAFIRA**

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

xii + 120 Halaman, 5 Tabel, 8 Lampiran

ABSTRAK

Penurunan AKI untuk mencapai target Sustainable Development Goals (SDGs) yaitu sebesar 70 per 100.000 kelahiran hidup pada tahun 2030. Salah satu upaya yang dilakukan yaitu dengan menerapkan model asuhan kebidanan yang komprehensif dan berkelanjutan atau *Continuity of Midwifery Care* (CoMC). Asuhan yang diberikan bertujuan untuk mendeteksi dini dan mencegah komplikasi pada masa kehamilan, persalinan, nifas, dan neonatus. Asuhan secara menyeluruh dan berkesinambungan pada Ny. B usia 28 tahun diberikan di PMB Zurrahmi Kota Pekanbaru mulai Oktober 2024 sampai Februari 2025. Asuhan masa kehamilan Ny. B G1P0A0H0 dilakukan sebanyak 4 kali, asuhan persalinan, asuhan nifas 4 kali, dan asuhan neonatus 3 kali. Keluhan selama trimester 3 adalah nyeri punggung, kontraksi palsu, dan bengkak pada kaki. Asuhan diberikan sesuai ketidaknyamanan yang dirasakan ibu, dan keluhan dapat diatasi dengan kompres air hangat, teknik relaksasi, serta anjuran berjalan ringan. Proses persalinan berlangsung secara *Section Caesarea* atas indikasi *postdate* dan oligohidramnion. Bayi lahir tanggal 6 Januari 2025, pukul 16.35 WIB, jenis kelamin laki-laki, berat 3.450 gram dan panjang 50 cm. Asuhan nifas dilakukan selama 40 hari dan ditemukan keluhan nyeri pada luka operasi. Asuhan yang diberikan meliputi perawatan luka, tidak ditemukan tanda infeksi, skrining *Edinburgh Postnatal Depression Scale* (EPDS), dan konseling KB. Ibu memilih KB suntik progestin. Masa neonatus diberikan edukasi ASI eksklusif, dan pijat bayi, terjadi peningkatan berat badan bayi 300 gram di hari ke-14. Diharapkan bidan tetap memberikan pelayanan kebidanan yang komprehensif dan berkesinambungan, terutama pada asuhan ibu hamil, bersalin, nifas, dan neonatus.

Kata Kunci: Asuhan Kebidanan Komprehensif, hamil, bersalin, nifas, neonatus
Referensi : 62 Referensi (2015-2024)

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

**FINAL PROJECT REPORT, JUNE 2025
NURINA ZAFIRA**

**COMPREHENSIVE MIDWIFERY CARE FOR MS. B AT PMB
ZURRAHMI PEKANBARU CITY**

xii + 120 Pages, 5 Table, 8 Appendices

ABSTRACT

The reduction of Maternal Mortality Rate (MMR) to achieve the Sustainable Development Goals (SDGs) target of 70 per 100,000 live births by 2030 requires strategic efforts. One such effort is the implementation of the Continuity of Midwifery Care (CoMC) model, which provides comprehensive and continuous care aimed at early detection and prevention of complications during pregnancy, childbirth, postpartum, and the neonatal period. Comprehensive and continuous care was provided to Mrs. B, 28 years old, at PMB Zurrahmi, Pekanbaru City, from October 2024 to February 2025. Antenatal care for Mrs. B (G1P0A0H0) was conducted four times, along with care during childbirth, four postpartum visits, and three neonatal visits. In the third trimester, complaints included back pain, false contractions, and swollen feet, which were managed with warm compresses, relaxation techniques, and light walking. Delivery was performed via Caesarean section due to postdate pregnancy and oligohydramnios. The baby, a male, was born on January 6, 2025, at 16:35 WIB, weighing 3,450 grams and measuring 50 cm in length. Postpartum care was conducted over 40 days, during which the mother experienced pain at the surgical wound. Care included wound management (no signs of infection), Edinburgh Postnatal Depression Scale (EPDS) screening, and family planning counseling. The mother chose progestin injection contraception. Neonatal care included education on exclusive breastfeeding and baby massage, with a weight gain of 300 grams by day 14. Midwives are encouraged to continue providing comprehensive and continuous midwifery care, especially during pregnancy, childbirth, postpartum, and neonate.

Keywords: Comprehensive Midwifery Care, pregnancy, delivery, postpartum, neonate
References: 62 References (2015-2024)