

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

**LAPORAN TUGAS AKHIR, JUNI 2025
SHIFA NANDILA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY.I DI PMB LINDA
ASMITA KOTA PEKANBARU TAHUN 2025**

xii, ± 123 Halaman, 9 Tabel, 9 Lampiran

ABSTRAK

Salah satu upaya bidan dalam mencegah dan menangani komplikasi dalam kehamilan, persalinan, nifas dan neonatus adalah dengan asuhan kebidanan yang dikenal dengan metode Continuity Of Midwifery Care (COMC). Asuhan secara menyeluruh dan berkesinambungan pada Ny.I G2P1A0H1 diberikan di PMB Linda Asmita kota Pekanbaru dari bulan Desember 2024 - Februari 2025. Pada masa kehamilan dilakukan sebanyak 3 kali kunjungan, nifas 4 kali kunjungan, neonatus 3 kali kunjungan. Pada masa kehamilan Trimester III, tidak ditemukan keluhan. Asuhan yang diberikan yaitu pendidikan kesehatan tentang senam hamil. Pertolongan persalinan sesuai dengan Asuhan Persalinan Normal (APN), teknik pengurangan rasa nyeri yaitu dengan masase punggung, *gymball* dan teknik relaksasi. Bayi lahir spontan BB: 3300 gram PB: 49 cm, perdarahan ±200 cc, kontraksi baik, plasenta lahir lengkap, laserasi jalan lahir derajat II. Pada kunjungan nifas tidak terdapat keluhan, involusi berjalan baik, laktasi lancar secara on demand. Asuhan yang diberikan yaitu mengajarkan ibu senam nifas, mengajarkan ibu perawatan luka dan ibu menggunakan KB suntik 3 bulan. Pada kunjungan neonatus dilakukan perawatan tali pusat, edukasi ASI eksklusif dan pijat bayi. Terjadi peningkatan berat badan bayi sebanyak 1000 gram selama 21 hari dan bayi hanya ASI saja. Pada akhir masa kunjungan semua masalah dapat teratasi dan tidak ditemukan masalah yang berarti. Diharapkan tenaga kesehatan khususnya bidan dapat melakukan asuhan kebidanan secara berkesinambungan dan berkelanjutan dimulai dari masa kehamilan, persalinan, nifas dan neonatus.

Kata Kunci : ***Asuhan Kebidanan Kehamilan, Bersalin, Nifas, Neonatus***

Referensi : 40 Referensi (2013-2023)

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

**FINAL PROJECT REPORT, JUNE 2025
SHIFA NANDILA**

**COMPREHENSIVE MIDWIFERY CARES FOR MRS. I CILINIC IN PMB
LINDA ASMITA OF PEKANBARU IN 2025**

xii, ± 123 Page, 9 Table, 11 Attachment

ABSTRACT

One of the efforts made by midwives to prevent and manage complications during pregnancy, childbirth, postpartum, and the neonatal period is through midwifery care known as the Continuity of Midwifery Care (COMC) method. Comprehensive and continuous care was provided to Mrs. I (G2P1A0H1) at PMB Linda Asmita, Pekanbaru City, from December 2024 to February 2025. During the pregnancy period, three antenatal visits were conducted; four visits were made during the postpartum period, and three visits during the neonatal period. In the third trimester of pregnancy, no complaints were found. The care provided included health education about pregnancy exercise (antenatal yoga). The delivery was assisted following the Normal Delivery Care (APN) standard. Pain management techniques used during labor included back massage, gym ball exercises, and relaxation techniques. The baby was born spontaneously with a birth weight of 3300 grams and a length of 49 cm. Blood loss was approximately 200 cc, uterine contractions were good, the placenta was delivered completely, and a second-degree perineal tear was found. During the postpartum visits, the mother had no complaints. Uterine involution progressed well, and lactation was established successfully with on-demand breastfeeding. The care provided included teaching the mother postnatal exercises, wound care, and the use of 3-month injectable contraception. During the neonatal visits, umbilical cord care was performed, along with education on exclusive breastfeeding and infant massage. The baby gained 1000 grams in weight over 21 days and was exclusively breastfed without any supplementary feeding. By the end of the visit period, all issues had been resolved, and no significant problems were identified. It is hoped that healthcare workers, especially midwives, can continue to provide continuous and sustainable midwifery care starting from pregnancy, through childbirth, postpartum, and the neonatal period.

Keywords : Midwifery Care Pregnancy, Childbirth, The Puerperium, Neonatus

Reference : 40 Reference (2013-2023)