

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

**LAPORAN TUGAS AKHIR, JUNI 2025
CHENTA DERA GUSLIANDA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. S DI PMB ROSITA
PEKANBARU**

xiii ± 149 Halaman + 5 Tabel + 1 Gambar+ 10 Lampiran

ABSTRAK

Transformasi kesehatan primer menempatkan bidan sebagai peran kunci dalam menurunkan angka kematian ibu dan bayi. Laporan tugas akhir ini bertujuan memberikan asuhan kebidanan komprehensif dan berkesinambungan pada Ny. S, primigravida berusia 28 tahun, dari kehamilan hingga nifas di PMB Rosita Kota Pekanbaru pada Desember 2024 hingga Maret 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. Asuhan didokumentasikan menggunakan metode SOAP. Kunjungan dilakukan 4 kali selama kehamilan, pendampingan persalinan, 5 kali kunjungan nifas, dan 3 kali kunjungan neonatus. Selama kehamilan ditemukan keluhan nyeri perut bagian bawah dan pemberian terapi dengan kompres hangat. Pada saat persalinan, diberikan intervensi non-farmakologis seperti *massage efflurage*, dan teknik relaksasi pernapasan dalam. Ny. S bersalin pada usia kehamilan 40 minggu, bayi lahir spontan, aterm, langsung menangis, dan pergerakan aktif dengan BB 3100 gram dan PB 49 cm. Selama masa nifas tidak ditemukan komplikasi. Ibu diberikan intervensi 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 7 hari, BB bayi meningkat 600 gram dari berat badan lahir 3100 gram menjadi 3700 gram. Laporan ini diharapkan menjadi referensi pengembangan ilmu kebidanan, khususnya terkait asuhan kebidanan pada ibu dengan fluor albus.

Kata Kunci : Asuhan Kebidanan Komprehensif, kehamilan, bersalin, nifas,

Daftar Bacaan : 70 Referensi (2015-2023)

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

**FINAL PROJECT REPORT, JUNY 2025
CHENTA DERA GUSLIANDA**

**COMPREHENSIVE MIDWIFERY CARE FOR NY.S DI PMB ROSITA IN
PEKANBARU CITY**

xiii ± 149 Pages + 5 Tables+1 Picture+ 10 Lampirans

ABSTRACT

The transformation of primary healthcare emphasizes the key role of midwives in reducing maternal and infant mortality. The objective of this final project report is to provide comprehensive and continuous midwifery care to Mrs. S, a 28-year-old primigravida, from pregnancy to postpartum at PMB Rosita Pekanbaru City from December 2024 to March 2025. The Continuity of Midwifery Care (CoMC) approach was used for care. Data was collected through anamnesis, physical examination, TTV examination, and supporting examinations. Instruments used included the KSPR, labor screening form, observation sheet, partograph, EPDS screening form, MCH book, leaflet. Documentation of care was done using the SOAP method. The conduct of visits occurred four times during pregnancy, one times during labor assistance, five postpartum visits, and three neonate visits. During pregnancy, complaints of lower abdominal pain were found and therapy was given with warm compresses. During delivery, non-pharmacological massage efflurage, and deep breathing relaxation techniques were employed. Mrs. S. delivered at 40 weeks of gestation. The baby was born spontaneously at term, cried immediately, moved actively, and weighed 3100 grams and measured 49 cm in length. No complications were found during the postpartum period. The mother received additional interventions in the form of postpartum exercises and breast care to support her recovery. Family planning counseling revealed that the mother chose 3-month injectable contraception. Neonatal care includes routine care and infant massage. The baby's weight grew by 600 grams between birth and 28 days of age, going from 3100 grams to 3700 grams. This report is expected to serve as a reference for the development of midwifery science, particularly with regard to care for mothers with fluor albus.

*Keywords: Comprehensive Midwifery Care, pregnancy, childbirth, postpartum,
Reading list : 70 References (2015-2023).*