

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

**LAPORAN TUGAS AKHIR, JUNI 2025
MUTIARA SABRINA**

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

xiii + 133 Halaman, 6 Tabel, 2 Gambar, 9 Lampiran

ABSTRAK

Keberhasilan program kesehatan ibu dapat dinilai melalui indikator utama Angka Kematian Ibu (AKI). Salah satu upaya percepatan penurunan AKI dilakukan oleh bidan dengan metode *Continuity of Midwifery Care* (CoMC), yaitu pelayanan kebidanan secara berkesinambungan selama kehamilan, persalinan, nifas, neonatus, dan keluarga berencana. Laporan Tugas Akhir ini bertujuan untuk memberikan asuhan menyeluruh yang diberikan kepada Ny. E G1P0A0H0, dimulai pada usia kehamilan 33–34 minggu di PMB Rosita, Kota Pekanbaru, dari Oktober hingga Desember 2025. Asuhan kebidanan mencakup 4 kali kunjungan kehamilan, persalinan, 4 kali kunjungan nifas, dan 3 kali kunjungan neonatus. Selama kehamilan di trimester III ibu mengalami anemia yang dapat diatasi dengan pemberian tablet tambah darah dan pemberian jus buah naga serta ekstrak sari kurma. Masalah selama kehamilan trimester III adalah nyeri pinggang diatasi dengan memberikan Pendidikan Kesehatan mengenai senam hamil. Persalinan dilakukan sesuai dengan standar Asuhan Persalinan Normal (APN), dengan pemberian asuhan pengurangan rasa nyeri menggunakan pijat punggung. Bayi lahir spontan, menangis kuat, tonus otot baik, pergerakan aktif, dengan berat badan 3400 gram, panjang badan 50 cm, dan jenis kelamin perempuan. Pada kunjungan nifas, terdapat keluhan nyeri pada luka jahit perineum yang diatasi dengan Edukasi Kesehatan mengenai perawatan luka jahit perineum, senam nifas, pijat oksitosin, konseling KB dan ibu memilih kontrasepsi suntik 3 bulan. Asuhan neonatus, dilakukan perawatan tali pusat dan pemberian ASI eksklusif. Tali pusat puput pada hari ke-5, dan terjadi peningkatan berat badan bayi sebanyak 1200 gram pada usia 1 bulan. Diharapkan tenaga kesehatan khususnya bidan dapat meningkatkan asuhan kebidanan sesuai dengan standar asuhan kebidanan.

Kata kunci: Asuhan Kebidanan Komprehensif, kehamilan, persalinan, nifas, dan neonatus

Referensi: 60 (2015-2023)

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

**FINAL PROJECT REPORT, JUNE 2025
MUTIARA SABRINA**

**COMPREHENSIVE MIDWIFERY CARE FOR NY.E AT PMB
ROSITA PEKANBARU**

xiii + 133 Pages, 6 Tables, 2 Figures, 9 Appendices

ABSTRACT

The success of maternal health programs can be assessed through the main indicator of the Maternal Mortality Rate (MMR). One of the efforts to accelerate the reduction of MMR is carried out by midwives with the Continuity of Midwifery Care (CoMC) method, namely continuous midwifery services during pregnancy, childbirth, postpartum, neonates, and family planning. This Final Assignment Report aims to provide comprehensive care provided to Mrs. E G1P0A0H0, starting at 33–34 weeks of gestation at PMB Rosita, Pekanbaru City, from October to June 2025. Midwifery care includes 4 pregnancy visits, childbirth, 4 postpartum visits, and 3 neonatal visits. During pregnancy in the third trimester, the mother experienced anemia which could be overcome by giving iron tablets and giving dragon fruit juice and date palm extract. The problem during the third trimester of pregnancy was back pain which was overcome by providing Health Education on pregnancy exercises. Childbirth was carried out in accordance with the Normal Delivery Care (APN) standards, with the provision of pain reduction care using back massage. The baby was born spontaneously, cried loudly, had good muscle tone, was active, weighed 3400 grams, was 50 cm long, and was female. During the postpartum visit, there were complaints of pain in the perineal suture wound which was treated with Health Education on perineal suture wound care, postpartum gymnastics, oxytocin massage, family planning counseling, and the mother chose a 3-month injection contraceptive. Neonatal care included umbilical cord care and exclusive breastfeeding. The umbilical cord fell off on the 5th day, and the baby's weight increased by 1200 grams at the age of 1 month. It is hoped that health workers, especially midwives, can improve midwifery care in accordance with midwifery care standards.

Keywords: Comprehensive Midwifery Care, pregnancy, childbirth, postpartum, and neonates

References: 60 (2015–2023)

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