

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

**LAPORAN TUGAS AKHIR, MEI 2026
GRACE MAYESTY JULIANI SILITONGA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. S DI TPMB ROSITA
KOTA PEKANBARU TAHUN 2026**

xiv+ 178 Halaman, 10 Tabel, 11 Lampiran

ABSTRAK

Peningkatan derajat kesehatan ibu dan bayi dapat diwujudkan melalui asuhan kebidanan yang komprehensif dan berkesinambungan. Studi kasus ini bertujuan untuk memberikan asuhan kebidanan komprehensif pada Ny. S (G1P0A0H0) usia 26 tahun selama masa kehamilan hingga nifas di TPMB Rosita Kota Pekanbaru pada 15 November 2025 sampai 23 Februari 2026 dengan menerapkan Model *Continuity of Midwifery Care* (CoMC) melalui pendekatan Manajemen Kebidanan. Pengumpulan data dilakukan melalui anamnesis, pemeriksaan umum, pemeriksaan fisik, dan pemeriksaan penunjang menggunakan instrumen KSPR, penapisan persalinan, partograf, skrining EPDS, buku KIA, dan leaflet, serta didokumentasikan dengan metode SOAP. Asuhan dilakukan melalui 4 kali kunjungan kehamilan, pendampingan persalinan, 4 kali kunjungan nifas, dan 3 kali kunjungan neonatus. Hasil menunjukkan bahwa selama kehamilan ibu mengalami nyeri punggung bawah yang diatasi dengan kompres hangat dan senam hamil. Pada persalinan diberikan intervensi nonfarmakologis berupa *massage effleurage*, *deep back massage*, dan teknik relaksasi napas dalam. Persalinan berlangsung pada usia kehamilan 39 minggu, bayi lahir spontan, aterm, segera menangis, aktif, dengan berat badan 3000 gram dan panjang badan 48 cm. Pada masa nifas kondisi ibu dalam keadaan baik. Asuhan yang diberikan meliputi edukasi teknik dan posisi menyusui yang benar, senam nifas, perawatan luka perineum, serta perawatan payudara. Berdasarkan konseling keluarga berencana, ibu memutuskan menggunakan kontrasepsi suntik 3 bulan. Asuhan pada neonatus meliputi edukasi perawatan sehari-hari dan pijat bayi. Pada usia 8 hari, berat badan bayi kembali meningkat sebesar 200 gram. Diharapkan tenaga kesehatan, khususnya bidan dapat meningkatkan kualitas pelayanan KIA-KB yang komprehensif dan berkesinambungan.

**Kata kunci : Asuhan Kebidanan Komprehensif, Kehamilan, Persalinan,
Nifas, Neonatus**

Referensi : 81 Referensi (2016–2026)

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

**FINAL PROJECT REPORT, MAY 2026
GRACE MAYESTY JULIANI SILITONGA**

**COMPREHENSIVE MIDWIFERY CARE FOR Mrs. S AT TPMB ROSITA
PEKANBARU CITY IN 2026**

xiv+ 178 Pages, 10 Tables, 11 Attachments

ABSTRACT

Improving maternal and infant health can be achieved through comprehensive and continuous midwifery care. This case study aims to provide comprehensive midwifery care to Mrs. S (G1P0A0H0) aged 26 years during pregnancy to postpartum at TPMB Rosita Pekanbaru City on November 15, 2025 to February 23, 2026 by implementing the Continuity of Midwifery Care (CoMC) Model through the Midwifery Management approach. Data collection was carried out through anamnesis, general examination, physical examination, and supporting examinations using the KSPR instrument, labor screening, partograph, EPDS screening, KIA book, and leaflets, and documented using the SOAP method. Care was carried out through 4 pregnancy visits, labor assistance, 4 postpartum visits, and 3 neonatal visits. The results showed that during pregnancy the mother experienced lower back pain which was overcome with warm compresses and pregnancy exercises. During labor, non-pharmacological interventions were provided in the form of effleurage massage, deep back massage, and deep breathing relaxation techniques. Labor took place at 39 weeks of gestation, and the baby was born spontaneously, at term, crying immediately, and was active, weighing 3,000 grams and measuring 48 cm long. During the postpartum period, the mother was in good condition. Care provided included education on correct breastfeeding techniques and positions, postpartum exercises, perineal wound care, and breast care. Based on family planning counseling, the mother decided to use a 3-month injectable contraceptive. Neonatal care included education on daily care and infant massage. At 8 days old, the baby's weight increased by 200 grams. It is hoped that health workers, especially midwives, can improve the quality of comprehensive and sustainable maternal and child health and family planning services.

**Keywords : Comprehensive Midwifery Care, Pregnancy, Childbirth,
Postpartum, Neonate**

References : 81 References (2016–2026)