

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

**LAPORAN TUGAS AKHIR, MEI 2026
EKA SULASTRI TAMBUNAN**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. G DI TEMPAT
PRAKTIK MANDIRI BIDAN (TPMB) ROSITA PEKANBARU**

xiv ± 178 Halaman, 11 Tabel, 10 Lampiran

ABSTRAK

Asuhan kebidanan komprehensif merupakan pelayanan yang diberikan secara berkesinambungan sejak masa kehamilan, persalinan, nifas, hingga neonatus untuk mendukung kesehatan ibu dan bayi serta mendeteksi komplikasi secara dini. Laporan tugas akhir ini bertujuan memberikan asuhan kebidanan komprehensif kepada Ny. G G3P2A0H2 melalui pendekatan *Continuity of Midwifery Care* (CoMC) di TPMB Rosita Kota Pekanbaru tahun 2026. Metode yang digunakan adalah studi kasus melalui anamnesis, observasi, pemeriksaan fisik, dan pemeriksaan penunjang. Instrumen meliputi lembar pengkajian, KSPR, partograf, buku KIA, serta skrining *Edinburgh Postnatal Depression Scale* (EPDS). Asuhan dimulai pada usia kehamilan 31 minggu 4 hari melalui empat kunjungan antenatal, pendampingan persalinan, empat kunjungan nifas, dan tiga kunjungan neonatus. Hasil asuhan menunjukkan kondisi ibu dan janin selama kehamilan fisiologis dengan skor KSPR 2 kategori Kehamilan Risiko Rendah (KRR). Ketidaknyamanan trimester III berupa nyeri punggung, kram kaki, kontraksi palsu, dan nyeri perut bawah diatasi melalui pijat *effleurage*, kompres hangat, senam hamil, dan latihan *birth ball*. Persalinan berlangsung normal pada usia kehamilan 38 minggu 5 hari dengan aromaterapi lavender dan *deep back massage*. Bayi lahir spontan pervaginam dengan berat badan 3200 gram dan panjang badan 49 cm. Masa nifas dan neonatus berlangsung fisiologis tanpa komplikasi, produksi ASI lancar, hasil EPDS normal, serta berat badan bayi meningkat menjadi 3900 gram pada usia 22 hari. Penerapan *Continuity of Midwifery Care* mendukung asuhan kebidanan komprehensif dan berkesinambungan. Tenaga kesehatan diharapkan menerapkan pelayanan kebidanan sesuai standar serta meningkatkan dokumentasi asuhan kebidanan. Laporan ini diharapkan menjadi referensi bagi institusi pendidikan bidang kebidanan..

Kata Kunci: Asuhan kebidanan berkesinambungan, Kehamilan, Persalinan, Nifas, Neonatus

Referensi : 83 Referensi (2016-2025)

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

**FINAL PROJECT REPORT, MAY 2026
EKA SULASTRI TAMBUNAN**

**COMPREHENSIVE MIDWIFERY CARE FOR Mrs. G AT ROSITA
INDEPENDENT MIDWIFE PRACTICE (TPMB) PEKANBARU**

xiv ± 178 Pages, 11 Tables, 10 Attachments

ABSTRACT

Comprehensive midwifery care is continuous care provided from pregnancy, childbirth, postpartum, to the neonatal period to support maternal and newborn health and enable early detection of complications. This final project aimed to provide comprehensive midwifery care for Mrs. G (G3P2A0H2) using the *Continuity of Midwifery Care* (CoMC) approach at Rosita Independent Midwifery Practice, Pekanbaru City, in 2026. The method used was a case study through history taking, observation, physical examination, and supporting examinations. The instruments included assessment sheets, the Poedji Rochjati Score Card (KSPR), a partograph, the Maternal and Child Health (MCH) handbook, and the *Edinburgh Postnatal Depression Scale* (EPDS). Care began at 31 weeks and 4 days of gestation and included four antenatal visits, childbirth assistance, four postpartum visits, and three neonatal visits. The results showed that the mother and fetus remained in physiological condition throughout pregnancy, with a KSPR score of 2, indicating a Low-Risk Pregnancy. Third-trimester discomforts, including back pain, leg cramps, false labor, and lower abdominal pain, were managed with effleurage massage, warm compresses, pregnancy exercise, and birth ball exercises. The mother had a normal delivery at 38 weeks and 5 days of gestation with lavender aromatherapy and deep back massage. The baby was born vaginally with a birth weight of 3,200 grams and a length of 49 cm. The postpartum and neonatal periods were physiological without complications, breast milk production was adequate, the EPDS result was normal, and the infant's weight increased to 3,900 grams at 22 days of age. The implementation of *Continuity of Midwifery Care* supported comprehensive and continuous midwifery care. Health workers are expected to provide midwifery services according to standards and improve midwifery care documentation. This report is expected to serve as a reference for educational institutions in the field of midwifery.

Keywords: Continuity of Midwifery Care, Pregnancy, Childbirth, Postpartum, Neonate

References: 83 References (2016–2025)