

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

**LAPORAN TUGAS AKHIR, 29 Mei 2026
TIARA YULIANTI PUTRI**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. D DI TPMB
ROSITA KOTA PEKANBARU TAHUN 2026
xiii, ± 132 Halaman, 5 Tabel, 10 Lampiran**

ABSTRAK

Salah satu upaya meningkatkan derajat kesehatan ibu dan anak adalah melalui penerapan *Continuity of Midwifery Care* (CoMC), yaitu asuhan kebidanan komprehensif dan berkesinambungan sejak kehamilan, persalinan, nifas, hingga neonatus. Asuhan ini bertujuan mendeteksi dini faktor risiko dan mencegah komplikasi. Asuhan pada Ny. D usia 21 tahun dilaksanakan di TPMB Rosita Kota Pekanbaru selama November 2025-Januari 2026, meliputi empat kali kunjungan antenatal, satu kali asuhan persalinan, empat kali kunjungan nifas, dan tiga kali kunjungan neonatus. Selama kehamilan, Ny. D mengalami nyeri pinggang dan peningkatan keputihan fisiologis. Asuhan yang diberikan meliputi senam hamil, edukasi personal hygiene, dan konseling sehingga keluhan dapat teratasi. Persalinan berlangsung sesuai standar Asuhan Persalinan Normal (APN) dengan teknik relaksasi dan pijat punggung untuk mengurangi nyeri. Bayi lahir spontan dengan berat badan 3.400 gram, panjang badan 49 cm, plasenta lahir lengkap, dan kontraksi uterus baik. Masa nifas berlangsung fisiologis hingga 42 hari. Asuhan meliputi pijat oksitosin, edukasi menyusui, dukungan pemberian ASI eksklusif, skrining *Edinburgh Postnatal Depression Scale* (EPDS) dengan skor 2 yang menunjukkan ibu tidak berisiko mengalami depresi postpartum, serta konseling keluarga berencana. Ibu memilih kontrasepsi suntik 3 bulan. Pada masa neonatus dilakukan perawatan bayi baru lahir dan pijat bayi. Bayi menyusu dengan baik serta mengalami peningkatan berat badan 400 gram pada hari ke-14. Diharapkan bidan terus mempertahankan dan meningkatkan mutu asuhan kebidanan komprehensif sesuai standar guna meningkatkan kesehatan ibu dan anak.

Kata Kunci :Asuhan Komperhensif, Kehamilan, Persalinan normal, nifas, neonatus

Referensi : 57 Referensi (2015-2025)

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

**FINAL PROJECT REPORT, 29 Mei 2026
TIARA YULIANTI PUTRI**

**COMPREHENSIVE MIDWIFERY CARES FOR MRS. D AT TPMB
ROSITA OF PEKANBARU IN 2026**

xiii, ± 132 Page, 5 Table, 10 Attachment

ABSTRACT

One approach to improving maternal and child health is through the implementation of Continuity of Midwifery Care (CoMC), which refers to comprehensive and continuous midwifery care from pregnancy through childbirth, the postpartum period, and into the neonatal period. This care aims to detect risk factors early and prevent complications. Care for Ms. D, age 21, was provided at the Rosita TPMB in Pekanbaru from November 2025 to January 2026, including four antenatal visits, one delivery care session, four postpartum visits, and three neonatal visits. During her pregnancy, Mrs. D experienced lower back pain and an increase in physiological vaginal discharge. The care provided included prenatal exercise, personal hygiene education, and counseling, which helped resolve her symptoms. Labor proceeded in accordance with the standards of Normal Childbirth Care (APN), using relaxation techniques and back massage to reduce pain. The baby was born vaginally, weighing 3,400 grams, with a length of 49 cm; the placenta was delivered completely, and uterine contractions were good. The postpartum period lasts up to 42 days. Care includes oxytocin massage, breastfeeding education, support for exclusive breastfeeding, screening using the Edinburgh Postnatal Depression Scale (EPDS) with a score of 2 indicating the mother is not at risk for postpartum depression and family planning counseling. The mother chose the 3 month injectable contraceptive. During the neonatal period, newborn care and infant massage were provided. The baby is breastfeeding well and gained 400 grams by day 14. It is hoped that midwives will continue to maintain and improve the quality of comprehensive midwifery care in accordance with standards to improve the health of mothers and children.

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

Reference : ***57 Reference (2015-2025)***