

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

**LAPORAN TUGAS AKHIR, MEI 2026
DEA ANZELIKA SIAHAAN**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. Y DI KLINIK
PRATAMA TAMAN SARI 1 KOTA PEKANBARU TAHUN 2026**

xv + 125 Halaman + 6 Tabel + 3 Gambar + 10 Lampiran

ABSTRAK

Continuity of Midwifery Care (CoMC) merupakan asuhan yang diberikan sejak masa kehamilan hingga neonatus untuk meningkatkan kesehatan ibu dan bayi. Asuhan kebidanan ini bertujuan memberikan asuhan kebidanan secara menyeluruh mulai dari masa kehamilan hingga nifas pada Ny. Y G3P2A0H2 usia kehamilan 33-34 minggu di Klinik Pratama Taman Sari 1 dilakukan mulai bulan Oktober 2025 sampai Desember 2025, yang meliputi 3 kali kunjungan kehamilan, 1 kali kunjungan persalinan, 4 kali kunjungan nifas, dan 3 kali kunjungan neonatus. Selama kehamilan, Ny. Y tidak mengalami keluhan. Asuhan yang diberikan berupa senam hamil yang bertujuan membantu menjaga kebugaran tubuh ibu, meningkatkan relaksasi, melatih teknik pernapasan, memperlancar sirkulasi darah, serta mempersiapkan ibu menghadapi persalinan. Asuhan persalinan diberikan sesuai standar Asuhan Persalinan Normal (APN). Teknik counterpressure dan relaksasi pernapasan dalam diberikan untuk membantu mengurangi nyeri persalinan. Bayi lahir spontan pada tanggal 17 November 2025 pukul 01.45 WIB dengan berat badan 3400 gram dan berjenis kelamin perempuan. Plasenta lahir lengkap pada pukul 01.53 WIB. Asuhan nifas selama 42 hari berjalan normal. Asuhan yang diberikan meliputi pijat oksitosin, skrining EPDS, anjuran menyusui sesering mungkin, senam nifas, dan konseling keluarga berencana (KB). Ibu memilih menjadi akseptor KB suntik 3 bulan. Asuhan pada neonatus meliputi perawatan bayi, pijat bayi, edukasi ASI eksklusif, dan menyusui on demand. Bayi menyusu dengan kuat sehingga mengalami peningkatan berat badan sebesar 900 gram pada usia 21 hari. Diharapkan tenaga kesehatan, khususnya bidan, dapat mempertahankan kualitas pelayanan kebidanan komprehensif sesuai standar asuhan kebidanan.

**Kata Kunci : Asuhan Kebidanan Komprehensif, Hamil, Bersalin, Nifas,
Neonatus**

Referensi : 73 Referensi (2016-2025)

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

**FINAL PROJECT REPORT, MAY 2026
DEA ANZELIKA SIAHAAN**

**COMPREHENSIVE MIDWIFERY CARE IN NY. Y AT THE TAMAN SARI 1
PRATAMA CLINIC, PEKANBARU CITY, 2026**

xv + 125 Page + 6 Table + 3 Figures + 10 Attachements

ABSTRACT

Continuity of Midwifery Care (CoMC) is care provided from pregnancy through the neonatal period to improve the health of both mother and baby. This midwifery care aims to provide comprehensive care from pregnancy to postpartum for Mrs. Y, G3P2A0H2, who is 33-34 weeks pregnant at the Taman Sari 1 Primary Clinic, conducted from October 2025 to December 2025. It includes 3 prenatal visits, 1 delivery visit, 4 postpartum visits, and 3 neonatal visits. During her pregnancy, Mrs. Y did not experience any complaints. The care provided included pregnancy exercises aimed at helping maintain the mother's fitness, improving relaxation, practicing breathing techniques, improving blood circulation, and preparing the mother for delivery. Delivery care was provided according to the Normal Delivery Care (APN) standards. Counterpressure techniques and deep breathing relaxation are provided to help reduce labor pain. The baby was born spontaneously on November 17, 2025, at 01:45 AM WIB, weighing 3400 grams and female. The placenta was delivered completely at 01:53 AM WIB. Postpartum care over 42 days went normally. The care provided included oxytocin massage, EPDS screening, advice to breastfeed as often as possible, postpartum exercises, and family planning counseling. The mother chose to be a 3-month injectable contraceptive acceptor. Neonatal care included baby care, baby massage, exclusive breastfeeding education, and on-demand breastfeeding. The baby fed strongly and gained 900 grams by 21 days of age. It is expected that healthcare workers, especially midwives, can maintain the quality of comprehensive midwifery services according to midwifery care standards

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

References: 73 References (2016-2025)