

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

**LAPORAN TUGAS AKHIR, MEI 2026
WINDA MARIANI BR TARIGAN**

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

xii+144 Halaman, 9 Tabel, 1 Gambar, 10 Lampiran

ABSTRAK

Continuity of Midwifery Care (CoMC) merupakan upaya untuk meningkatkan mutu pelayanan kesehatan ibu dan anak serta mendukung pilar pertama transformasi kesehatan melalui pendekatan manajemen kebidanan. Studi kasus ini bertujuan memberikan asuhan kebidanan komprehensif dan berkesinambungan pada Ny. L G1P0A0H0 mulai dari kehamilan trimester III, persalinan, nifas, hingga neonatus di TPMB Rosita Kota Pekanbaru. Asuhan dilakukan melalui 4 kali kunjungan antenatal, pendampingan persalinan, 4 kali kunjungan nifas, dan 3 kali kunjungan neonatus sesuai standar praktik kebidanan. Selama diberikan asuhan kehamilan, ibu tidak mengalami keluhan. Pada persalinan diberikan asuhan sesuai Standar Asuhan Persalinan Normal (APN) disertai teknik relaksasi dan penggunaan *birth ball*. Bayi lahir spontan, cukup bulan, segera menangis, aktif, dengan berat badan 3.400 gram dan panjang badan 51 cm. Pada masa nifas dilakukan perawatan luka perineum, pijat oksitosin, senam nifas, serta skrining *Edinburgh Postnatal Depression Scale* (EPDS) dengan hasil tidak berisiko depresi postpartum. Setelah mendapatkan konseling keluarga berencana, ibu memilih kontrasepsi suntik 3 bulan. Asuhan neonatus meliputi perawatan bayi sehari-hari dan pijat bayi. Hasil pemantauan menunjukkan berat badan bayi meningkat dari 3.300 gram pada usia 3 hari menjadi 3.800 gram pada hari ke-15. Penerapan CoMC pada kasus ini menunjukkan hasil yang baik bagi kesehatan ibu dan bayi. Disarankan agar pelayanan kebidanan berkesinambungan terus dioptimalkan sesuai standar guna mendukung kesehatan ibu dan bayi secara menyeluruh serta menurunkan angka kematian ibu dan juga bayi.

Kata Kunci: *Asuhan Kebidanan Komprehensif, hamil, bersalin, nifas, neonatus*

Referensi : 58 Referensi (2018-2025)

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

**FINAL PROJECT REPORT, MAY 2026
WINDA MARIANI BR TARIGAN**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. L AT TPMB ROSITA
PEKANBARU IN 2026**

Xii+144 Pages, 9 Tables, 1 Image, 10 Appendices

ABSTRACT

Continuity of Midwifery Care (CoMC) is an effort to improve the quality of maternal and child health services while supporting the first pillar of health transformation through a midwifery management approach. This case study aimed to provide comprehensive and continuous midwifery care to Mrs. L (G1P0A0H0) from the third trimester of pregnancy, childbirth, postpartum period, and neonatal period at TPMB Rosita, Pekanbaru City. The care was provided through four antenatal visits, childbirth assistance, four postpartum visits, and three neonatal visits in accordance with midwifery care standards. During pregnancy, the mother had no complaints. During labor, care was provided according to the Normal Childbirth Care (APN) standards, accompanied by relaxation techniques and the use of a birth ball. The baby was born spontaneously at term, cried immediately after birth, was active, with a birth weight of 3,400 grams and a body length of 51 cm. During the postpartum period, the care provided included perineal wound care, oxytocin massage, postpartum exercises, and screening using the Edinburgh Postnatal Depression Scale (EPDS), which indicated no risk of postpartum depression. Following family planning counseling, the mother chose a three-month injectable contraceptive. Neonatal care included daily newborn care and infant massage. Monitoring results showed an increase in the infant's weight from 3,300 grams at 3 days of age to 3,800 grams on the 15th day of life. The implementation of CoMC in this case demonstrated positive outcomes for maternal and neonatal health. Continuous midwifery care should be optimized in accordance with standards to support comprehensive maternal and neonatal health and contribute to the reduction of maternal and neonatal mortality rates.

Keywords: *Comprehensive Midwifery Care, pregnancy, childbirth, postpartum, neonate*

References: *58 References (2018–2025).*