

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

**LAPORAN TUGAS AKHIR, JANUARI - JUNI 2026
RIKA ESTEVANI SAGALA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. J DI PMB OKTI
SINAGA KOTA PEKANBARU**

xv + 137 Halaman, 8 Tabel, 10 Lampiran

ABSTRAK

Salah satu upaya meningkatkan kesehatan ibu dan bayi diantaranya dengan mengoptimalisasi peran bidan dalam melakukan asuhan kebidanan melalui metode *Continuity of Midwifery Care (CoMC)*. Studi kasus ini bertujuan untuk memberikan asuhan kebidanan pada Ny. J dari masa kehamilan, persalinan, nifas, dan neonatus di PMB Okti Sinaga Kota Pekanbaru dan kunjungan rumah. Asuhan ini dilaksanakan dari Januari 2026 sampai April 2026. Kontak pertama dengan Ny. j G3P2A0H2 dilakukan pada usia kehamilan 32 minggu. Dilakukan 4 kali kunjungan kehamilan, persalinan, 4 kali masa nifas, serta 3 kali kunjungan neonatus. Asuhan didokumentasikan menggunakan metode SOAP. Selama kehamilan ditemukan keluhan nyeri punggung. Asuhan yang diberikan yaitu mengajarkan ibu senam hamil, setelah diberikan senam hamil, keluhan ibu berkurang. Asuhan kala 1 diberikan asuhan *Deep Back Massage* dan *Birth ball* untuk mengurangi nyeri punggung. Persalinan Ny. J berlangsung pada usia kehamilan 38 minggu, pertolongan persalinan dilakukan secara sectio caesarea di Rumah Sakit Pekanbaru Medical Center dengan indikasi permintaan pasien dengan inpartu kelelahan fisik. Bayi lahir cukup bulan, jenis kelamin laki-laki dengan BB 3550 gram dan PB 50 cm dan plasenta lahir lengkap. Masa nifas Ny. J P3A0H3 normal, dengan asuhan senam nifas, pijat oksitosin, dan skrining EPDS. Ny. J memutuskan menggunakan metode KB Implant. Asuhan yang diberikan selama neonatus adalah perawatan bayi sehari-hari dan pijat bayi. Bidan diharapkan dapat mempertahankan asuhan kebidanan komprehensif sesuai dengan kebutuhan pasien dan memperhatikan pendidikan kesehatan yang dibutuhkan pasien.

Kata Kunci : Asuhan Kebidanan, Komprehensif, Hamil, Bersalin, Nifas, Neonatus
Daftar Bacaan : 127 Referensi (2015-2024)

**MINISTRY OF HEALTH OF THE REPUBLIC OF
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D III MIDWIFERY STUDY PROGRAM**

**FINAL PROJECT REPORT, JANUARY - JUNE 2026
RIKA ESTEVANI SAGALA**

**COMPREHENSIVE MIDWIFERY CARE IN MRS. J AT PMB OKTI SINAGA,
PEKANBARU CITY**

xv+ 137 Pages, 8 Tables, 10 Attachments

ABSTRACT

One of the efforts to improve maternal and infant health is by optimizing the role of midwives in providing midwifery care through the Continuity of Midwifery Care (CoMC) method. This case study aims to provide midwifery care to Mrs. J from the period of pregnancy, childbirth, postpartum, and neonates at the PMB Okti Sinaga in Pekanbaru City and home visits. This care was carried out from January 2026 to April 2026. The first contact with Mrs. J G3P2A0H2 was made at 32 weeks gestation. There were 4 pregnancy, labor, 4 postpartum visits, and 3 neonate visits. Care was documented using the SOAP method. During pregnancy, there were complaints of back pain. The care given was teaching the mother pregnant exercises, after being given pregnant exercises, the mother's complaints decreased. During the first stage of labor, care included deep back massage and the use of a birth ball to alleviate back pain. Mrs. J's delivery took place at 38 weeks of gestation via Sectio caesarean section at Pekanbaru Medical Center Hospital, performed at the patient's request due to physical exhaustion during labor. The baby was born full term, male with a weight of 3550 grams and PB 50 cm and the placenta was born complete. The postpartum period of Mrs. J P3A0H3 was normal, with postpartum exercises, oxytocin massage, and EPDS screening. Mrs. J decided to use the Implant birth control method. The care given during neonate is daily baby care and baby massage. Midwives are expected to maintain comprehensive midwifery care.

Keywords : Midwifery Care, Comprehensive, Pregnancy, Childbirth, Postpartum, Neonates.

Reading List : 127 References (2015-2024)