

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

**LAPORAN TUGAS AKHIR, JUNI 2026
MUTIARA AULIA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. N DI TPMB
LILIS KOTA PEKANBARU TAHUN 2026**

±135 Halaman, 8 Tabel, 8 Lampiran

ABSTRAK

Transformasi kesehatan primer menempatkan bidan sebagai peran kunci dalam menurunkan angka kematian ibu dan bayi. Laporan tugas akhir ini bertujuan memberikan asuhan kebidanan komprehensif dan berkesinambungan pada Ny. N G3P2A0H2 usia 32 tahun, dari masa kehamilan hingga nifas di TPMB Lilis Kota Pekanbaru pada Desember 2025 hingga Maret 2026. Metode yang digunakan adalah pengumpulan data dilakukan melalui anamnesa, pemeriksaan fisik, TTV, dan pemeriksaan penunjang. Instrumen yang digunakan meliputi KSPR, penapisan persalinan, partograf, EPDS, buku KIA, dan leaflet dan asuhan didokumentasikan dengan metode SOAP. Kunjungan dilakukan 4 kali selama kehamilan dan ditemukan keluhan nyeri pinggang yang diatasi dengan kompres hangat dan senam hamil, sehingga keluhan ibu teratasi. Pada persalinan diberikan intervensi non-farmakologis seperti counterpressure massage dan teknik relaksasi. Ny. N bersalin pada usia 40 minggu, bayi lahir spontan, aterm, langsung menangis, dan pergerakan aktif dengan BB 3200 gram dan PB 52 cm, dengan laserasi derajat II. Selama masa nifas dilakukan 4 kali kunjungan dan tidak ditemukan komplikasi. Ibu diberikan asuhan senam nifas dan perawatan payudara untuk mendukung pemulihan. Hasil konseling KB menunjukkan ibu memutuskan menggunakan kontrasepsi suntik 3 bulan. Pada neonatus dilakukan kunjungan 3 kali, Asuhan yang diberikan meliputi asuhan rutin dan pijat bayi. Pada usia 22 hari, berat badan bayi meningkat menjadi 3700 gram. Diharapkan bidan dapat terus meningkatkan pelayanan asuhan kebidanan komprehensif dan berkesinambungan.

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

Referensi : 59 Referensi (2015-2025)

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
RIAU HEALTH POLYTECHNIC
D3 MIDWIFERY STUDY PROGRAM**

**FINAL PROJECT REPORT, JUNE 2026
MUTIARA AULIA**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. N AT TPMB
LILIS, PEKANBARU CITY, 2026**

±135 Pages, 8 Tables, 8 Appendices

ABSTRACT

Primary health transformation places midwives as a key role in reducing maternal and infant mortality. This final project report aims to provide comprehensive and continuous midwifery care to Mrs. N G3P2A0H2, 32 years old, from pregnancy to postpartum at TPMB Lilis Pekanbaru City from December 2025 to March 2026. The method used is data collection through anamnesis, physical examination, TTV, and supporting examinations. The instruments used include KSPR, labor screening, partograph, EPDS, KIA book, and leaflets and care is documented using the SOAP method. Visits were conducted 4 times during pregnancy and complaints of lower back pain were found which were addressed with warm compresses and pregnancy exercises, so that the mother's complaints were resolved. During labor, non-pharmacological interventions were given such as counterpressure massage and relaxation techniques. Mrs. N gave birth at 40 weeks, the baby was born spontaneously, at term, immediately cried, and actively moved with a weight of 3200 grams and a height of 52 cm, with a second-degree laceration. During the postpartum period, four visits were conducted, and no complications were found. The mother is provided with postpartum exercises and breast care to support recovery. Family planning counseling results indicated that the mother decided to use a 3-monthly injectable contraceptive. The neonate underwent three visits, providing routine care and infant massage. At 22 days old, the baby's weight increased to 3700 grams. Midwives are expected to continue improving comprehensive and continuous midwifery care.

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

References: 59 References (2015-2025)