

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

**LAPORAN TUGAS AKHIR, MEI 2026
MUSDA LIFA**

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

xi ±156 Halaman, 10 Tabel, 11 Lampiran

ABSTRAK

Salah satu upaya dalam pencegahan dan penanganan komplikasi dalam kehamilan, persalinan, nifas dan neonatus adalah dengan melakukan asuhan kebidanan model *Continuity of Midwifery Care* (CoMC). Studi kasus ini bertujuan memberikan asuhan kebidanan secara komprehensif pada kehamilan, bersalin, masa nifas dan neonatus pada Ny. D di TPMB Rosita kota Pekanbaru. Asuhan kehamilan pada Ny.D G2P1A0H1 diberikan sebanyak 4 kali, asuhan persalinan 1 kali, asuhan nifas 4 kali dan asuhan neonatus 3 kali. Pada usia kehamilan 37 minggu terdapat keluhan nyeri punggung bagian bawah yang dapat diatasi dengan cara kompres air hangat pada bagian yang terasa nyeri serta mengajarkan ibu senam hamil dan menghindari aktivitas atau bergerak secara tiba-tiba. Persalinan berlangsung pada usia kehamilan 38 minggu. Pertolongan persalinan dilakukan sesuai standar asuhan persalinan normal. Bayi lahir spontan, aterm, langsung menangis, pergerakan aktif dengan BB 3100 gram dan PB 50 cm. Plasenta lahir spontan dan lengkap. Pada masa nifas didapatkan ketidaknyaman karena *afterpain* pada nifas yang dapat diatasi dengan memberikan pendidikan kesehatan mengenai fisiologi masa nifas dan dukungan emosional, mobilisasi dini, dan melakukan senam nifas. Hasil konseling KB ibu memilih menjadi akseptor KB suntik 3 bulan. Asuhan yang dilakukan selama masa neonatus yaitu perawatan tali pusat, pijat bayi dan pendidikan kesehatan tentang pemberian ASI Eksklusif. Pada neonatus didapatkan adanya peningkatan berat badan sebesar 200 gram pada hari ke-14. Diharapkan tenaga kesehatan dapat mempertahankan dan meningkatkan mutu pelayanan khususnya KIA/KB dengan mempertahankan asuhan kebidanan secara komprehensif dan menyeluruh.

Kata kunci : *Asuhan Kebidanan Komprehensif, hamil, bersalin, nifas, dan neonatus*
Referensi : 41 Referensi (2016-2025)

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

**FINAL PROJECT REPORT, MAY 2026
MUSDA LIFA**

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

xi ±156 Pages, 10 Tables, 11 Appendices

ABSTRACT

One of the efforts in preventing and managing complications in pregnancy, childbirth, postpartum and neonates is by implementing midwifery care using the Continuity of Midwifery Care (CoMC) model. This case study aims to provide comprehensive midwifery care during pregnancy, childbirth, postpartum and neonates to Mrs. D at TPMB Rosita in Pekanbaru City. Pregnancy care for Mrs. D G2P1A0H1 was provided 4 times, delivery care 1 time, postpartum care 4 times and neonatal care 3 times. At 37 weeks of gestation there were complaints of lower back pain which could be overcome by applying warm water compresses to the painful area and teaching the mother pregnancy exercises and avoiding sudden activities or movements. Labor took place at 38 weeks of gestation. Delivery assistance was carried out according to normal delivery care standards. The baby was born spontaneously, at term, immediately crying, active movement with a body weight of 3100 grams and a body length of 50 cm. The placenta was born spontaneously and completely. During the postpartum period, the complaint experienced was discomfort from afterpain, which was addressed through health education about afterpain. Other care provided included oxytocin massage and breast care, which increased breast milk production. The mother's family planning counseling resulted in her choosing to use the 3-monthly contraceptive injection. Care provided during the neonatal period included umbilical cord care, infant massage, and health education about exclusive breastfeeding. The neonate experienced a 200-gram weight gain on the 14th day. It is hoped that health workers can maintain and improve the quality of services, particularly maternal and child health and family planning, by maintaining comprehensive and holistic midwifery care.

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

References: 41 References (2016-2025)