

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

**LAPORAN TUGAS AKHIR, JUNI 2026
CINDY AMELIA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. E DI TPMB
HASNA DEWI KOTA PEKANBARU TAHUN 2026**

xiv, ± 155 Halaman, 6 Tabel, 10 Lampiran

ABSTRAK

Asuhan kebidanan komprehensif adalah asuhan yang di berikan secara menyeluruh dan berkesinambungan mulai dari masa kehamilan, persalinan, nifas, hingga neonatus. Studi kasus ini bertujuan memberikan asuhan kebidanan komprehensif pada Ny. E, G3P2A0H2 yang dilaksanakan menggunakan pendekatan manajemen kebidanan di TPMB Hasna Dewi Kota Pekanbaru tanggal 18 Desember 2025–23 Februari 2026. Asuhan diberikan melalui tiga kali kunjungan antenatal care, masa nifas dilakukan lima kali kunjungan dan neonatus dilakukan empat kali kunjungan. Pada kehamilan ditemukan keluhan nyeri pinggang dan kontraksi palsu yang dapat diatasi dengan edukasi, senam hamil, dan pijat relaksasi, sedangkan kontraksi palsu diatasi dengan edukasi, istirahat yang cukup, pengaturan posisi, dan peningkatan asupan cairan. Persalinan berlangsung spontan pada usia kehamilan 37 minggu dan ditolong sesuai standar Asuhan Persalinan Normal. Bayi lahir aterm, menangis kuat, BB 3.300 gram dan PB 49 cm, plasenta lahir lengkap, kontraksi uterus baik, pendarahan normal serta di lakukan IMD dan berhasil pada menit ke 40. Kala IV berlangsung normal dengan kontraksi uterus baik, perdarahan dalam batas normal, kondisi ibu baik. Pada masa nifas dilakukan pemantauan involusi uterus, senam nifas, perawatan payudara, serta perawatan luka laserasi derajat II yang diberikan sesuai standar hingga proses penyembuhan berjalan baik. Konseling KB dilakukan dan ibu memilih kontrasepsi suntik 3 bulan. Pada masa neonatus di berikan asuhan rutin dan pijat bayi serta pemantauan pertumbuhan dan perkembangan bayi. Hasil asuhan menunjukkan kondisi bayi baik, tidak ditemukan komplikasi, berat badan bayi meningkat 600 gram pada hari ke 27. Pelayanan kebidanan berkesinambungan perlu terus dipertahankan untuk mendukung kesehatan maternal dan neonatal serta penurunan angka kematian ibu dan bayi.

Kata Kunci : Asuhan Kebidanan, Komprehensif, Kehamilan, Persalinan, Nifas, Neonatus

Referensi : 60 Referensi (2016-2025)

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

**FINAL PROJECT REPORT, JUNE 2026
CINDY AMELIA**

**COMPREHENSIVE MIDWIFERY CARE FOR NY. E AT TPMB
HASNA DEWI PEKANBARU CITY IN 2026**

xiv, ± 155 Page, 6 Table, 10 Attachment

ABSTRACT

Comprehensive midwifery care is holistic and continuous care provided from pregnancy and childbirth through the postpartum period and neonatal stage. This case study aimed to provide comprehensive midwifery care to Mrs. E G3P2A0H2 using the midwifery management approach at the Hasna Dewi Independent Midwifery Practice TPMB in Pekanbaru City from December 18, 2025, to February 23, 2026. Care was delivered through three antenatal care visits, five postpartum visits, and four neonatal visits. During pregnancy, the client reported lower back pain and false contractions; these were managed through education, prenatal exercises, and relaxation massage, while false contractions were addressed by educating the client on the differences between false and true labor contractions, ensuring adequate rest, adjusting body positioning, and increasing fluid intake. Labor occurred spontaneously at 37 weeks of gestation and was managed according to Normal Childbirth Care APN standards. The delivery proceeded without complications. The infant was born at term, cried vigorously immediately after birth, and weighed 3,300 grams with a length of 49 cm. Early Breastfeeding Initiation IMD was successfully achieved at 40 minutes. The fourth stage of labor immediate postpartum proceeded normally, characterized by good uterine contractions, bleeding within normal limits, and a stable maternal condition. Postpartum care included monitoring uterine involution, postpartum exercises, breast care, and family planning counseling. The postpartum period progressed normally, and the client chose the 3-month injectable contraceptive. Neonatal care involved routine care, infant massage, and monitoring of the infant's growth and development. Outcomes showed the infant was in good health with no complications, and the infant's weight increased by 600 grams by day 27. Continuous midwifery services must be maintained to support maternal and neonatal health and to reduce maternal and infant mortality rates.

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

References: 60 References (2016-2025)