

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

**LAPORAN TUGAS AKHIR, MEI 2026
LUTFIAH NIKMATUL FITRI**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY.E DI KLINIK
PRATAMA TAMAN SARI 6 KOTA PEKANBARU**

xii + 108 Halaman + 7 Tabel +2 Gambar + 10 Lampiran

ABSTRAK

Upaya pencegahan dan penanganan komplikasi dalam kehamilan, persalinan, nifas, dan neonatus salah satunya melalui metode asuhan kebidanan komprehensif atau Continuity of Midwifery Care (CoMC). Laporan kasus ini bertujuan memberikan asuhan berkesinambungan pada Ny. E dari masa kehamilan, persalinan, nifas, hingga neonatus di Klinik Pratama Taman Sari 6 Pekanbaru dari November 2025 hingga Mei 2026. Pada masa kehamilan dilakukan 3 kali kunjungan, keluhan nyeri punggung bawah serta sering buang air kecil berhasil diatasi melalui pemberian edukasi dan senam hamil. Proses persalinan berlangsung secara spontan pada usia kehamilan 39-40 minggu di Klinik Taman Sari 6. Asuhan persalinan kala I memberikan asuhan birth ball dan teknik relaksasi. Bayi lahir spontan dengan berat badan 3.400 gram dan panjang badan 48 cm. Pada ibu ditemukan laserasi perineum derajat II setelah persalinan. Pada masa nifas dilakukan 4 kali kunjungan, keluhan ASI dilakukan asuhan pijat oksitosin, serta keluhan nyeri luka jahitan diatasi melalui edukasi manajemen nyeri masalah dapat teratasi. Pada akhir masa nifas, ibu memutuskan menggunakan metode kontrasepsi sederhana, yaitu kondom. Pada perawatan neonatal dilakukan 4 kali kunjungan dengan memberikan asuhan perawatan tali pusat secara bersih dan kering. Neonatus mengalami penurunan berat badan fisiologis pada hari ke 4 berhasil diatasi melalui edukasi manajemen ASI, sehingga berat badan bayi naik sebanyak 1300 gram pada usia 28 hari. Bidan diharapkan mampu untuk mengaplikasikan asuhan kebidanan dari hamil, persalinan, nifas, neonatus yang telah diberikan sesuai dengan kebutuhan pasien berdasarkan evidence based.

**Kata Kunci : Asuhan Kebidanan Komprehensif, Hamil, Bersalin, Nifas,
Neonatus**

Daftar Bacaan : 48 referensi (2017 – 2026)

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

**FINAL PROJECT REPORT, MAY 2026
LUTFIAH NIKMATUL FITRI**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. E AT TAMAN SARI 6
PRIMARY CLINIC, PEKANBARU CITY ABSTRACT**

xii + 108 Pages + 7 Tables + 2 Figures + 10 Appendices

ABSTRACT

One of the efforts to prevent and manage complications during pregnancy, labor, postpartum, and neonatal periods is through the comprehensive midwifery care method, also known as Continuity of Midwifery Care (CoMC). This case report aims to provide continuous care for Mrs. E from pregnancy, labor, postpartum, to the neonatal period at Pratama Taman Sari 6 Clinic, Pekanbaru, from November 2025 to May 2026. During the pregnancy period, three antenatal visits were conducted. Complaints of lower back pain and frequent urination were successfully managed through education and pregnancy exercises. The labor process occurred spontaneously at 39-40 weeks of gestation at Taman Sari 6 Clinic. During the first stage of labor, birth ball therapy and relaxation techniques were provided. The baby was born spontaneously, weighing 3,400 grams with a body length of 48 cm. A second-degree perineal laceration was found on the mother post-delivery. During the postpartum period, four postnatal visits were conducted. Issues regarding breast milk production were addressed using oxytocin massage therapy, while complaints of suture wound pain were resolved through pain management education, successfully managing both issues. At the end of the postpartum period, the mother decided to use a simple contraceptive method, namely condoms. For neonatal care, four visits were conducted, providing dry and clean umbilical cord care. The neonate experienced physiological weight loss on the 4th day, which was successfully resolved through breastfeeding management education, resulting in a weight gain of 1,300 grams by the age of 28 days. Midwives are expected to be able to apply the midwifery care provided during pregnancy, labor, postpartum, and neonatal periods in accordance with patient needs and evidence-based practice.

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

Reading List : 48 references (2017 – 2026)