

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

**LAPORAN TUGAS AKHIR, 2026
SALWA HIDDATUL HUSNAH**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. Z DI PMB
DARLIANA, S.KEB KOTA PEKANBARU TAHUN 2026**

xii + 154 halaman + 8 tabel + 10 lampiran

ABSTRAK

Asuhan kebidanan komprehensif dan berkelanjutan atau sering disebut dengan *Continuity of Midwifery Care (COMC)* merupakan asuhan yang diberikan secara menyeluruh dimulai dari hamil, bersalin, nifas dan neonatus. Tujuan dari asuhan ini adalah untuk pencegahan dan penanganan komplikasi dalam kehamilan, persalinan, nifas, dan neonatus. Studi kasus ini dilakukan pada Ny. Z G2P2A0H2 dimulai pada usia kehamilan 31 minggu di PMB Darliana, S.Keb pada bulan November 2025 sampai Januari 2026. Asuhan yang diberikan berupa kunjungan hamil 4 kali, bersalin 1 kali, nifas 4 kali dan neonatus 3 kali. Selama kehamilan ditemukan masalah ketidaknyamanan kehamilan fisiologis trimester 3 yaitu nyeri pada pinggang dan dilakukan asuhan dengan memberikan edukasi, seperti olahraga ringan, dan menghindari aktivitas berat. Ketidaknyamanan ibu sering buang air kecil dan dilakukan asuhan dengan memberikan edukasi, menjaga personal hygiene, ketidaknyamanan Ny. Z juga terdapat nyeri perut bagian bawah dilakukan asuhan dengan memberikan edukasi, dianjurkan untuk makan teratur, dan menjaga asupan cairan. Persalinan berlangsung patologi dengan retensio plasenta pada usia kehamilan 40 minggu. Pertolongan persalinan dilakukan sesuai dengan standar Asuhan Persalinan Normal (APN). Bayi lahir spontan, langsung menangis, pergerakan aktif, jenis kelamin Laki-laki dengan berat badan 3.200 gram dan panjang badan 49,5 cm. Masa nifas ibu berjalan tidak ada masalah/komplikasi. Asuhan lainnya diberikan konseling KB dan ibu menggunakan suntik kb 3 bulan. Pada asuhan neonatus diberikan asuhan pijat bayi dan perawatan tali pusat. Terdapat penambahan berat badan bayi 600 gram yaitu dari 3.200 sampai 3.800 gram pada hari ke 17. Diharapkan bidan dapat meningkatkan asuhan kebidanan sesuai dengan standar pelayanan kebidanan.

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

Daftar Bacaan : 86 Referensi (2016 – 2026)

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

**FINAL PROJECT REPORT, 2026
SALWA HIDDATUL HUSNAH**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. Z AT PMB DARLIANA,
S.Keb, PEKANBARU CITY IN 2026**

xii + 154 pages + 8 tables + 10 appendices

ABSTRACT

Comprehensive and continuous midwifery care, commonly referred to as *Continuity of Midwifery Care* (CoMC), is a holistic approach to care provided throughout pregnancy, childbirth, the postpartum period, and the neonatal period. The purpose of this care is to prevent and manage complications that may occur during pregnancy, labor, postpartum, and neonatal periods. This case study was conducted on Mrs. Z, G2P2A0H2, beginning at 31 weeks of gestation at PMB Darliana, S.Keb, from November 2025 to January 2026. The care provided consisted of four antenatal visits, one delivery care visit, four postpartum visits, and three neonatal visits. During pregnancy, physiological discomforts in the third trimester were identified, including lower back pain, frequent urination, and lower abdominal pain. Midwifery care was provided through health education, such as recommending light exercise, avoiding strenuous activities, maintaining personal hygiene, eating regularly, and ensuring adequate fluid intake. Labor occurred at 40 weeks of gestation and was complicated by retained placenta. Delivery care was provided in accordance with the standards of Normal Delivery Care *Asuhan Persalinan Normal* (APN). The baby was delivered spontaneously, cried immediately after birth, showed active movement, and was male, with a birth weight of 3.200 grams and a birth length of 49.5 cm. The postpartum period progressed without any complications. In addition, family planning counseling was provided, and the mother chose a three-month injectable contraceptive method. Neonatal care included infant massage and umbilical cord care. The infant experienced a weight gain of 600 grams, increasing from 3,200 grams at birth to 3,800 grams on the 17th day of life. It is expected that midwives will continue to improve the quality of midwifery care in accordance with established midwifery service standards.

Kata Kunci : *Midwifery Care, Comprehensive, Pregnancy, Childbirth, Postpartum, Neonates*

Daftar Bacaan : 86 References (2016 – 2025)