

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

LAPORAN TUGAS AKHIR, JUNI 2026

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**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. R DI TPMB
ZURRAHMI KOTA PEKANBARU TAHUN 2026
xiii, 137 Halaman, 9 tabel, 10 Lampiran**

ABSTRAK

Asuhan kebidanan komprehensif merupakan pelayanan berkesinambungan yang diberikan kepada ibu mulai dari masa kehamilan, persalinan, nifas, neonatus, hingga keluarga berencana untuk meningkatkan kesehatan ibu dan bayi. Asuhan ini dilakukan pada Ny. R di TPMB Zurrahmi Kota Pekanbaru mulai November 2025 sampai Februari 2026 menggunakan pendekatan *Continuity of Midwifery Care* (CoMC). Asuhan kehamilan dilakukan pada usia kehamilan 33–39 minggu sebanyak 4 kali kunjungan dengan hasil kondisi ibu dan janin dalam keadaan normal. Keluhan sering buang air kecil pada malam hari dapat diatasi melalui edukasi pengaturan jumlah air yang diminum, senam hamil, posisi tidur, relaksasi, dan personal *hygiene*. Asuhan persalinan dilakukan sesuai Asuhan Persalinan Normal (APN). Asuhan lainnya berupa dukungan keluarga, *massage* punggung, terapi murottal Al-Qur'an, aromaterapi, dan teknik pernapasan. Bayi lahir spontan dengan jenis kelamin perempuan, berat badan 3.600 gram, panjang badan 51 cm, IMD berhasil dalam 40 menit, serta tidak ditemukan komplikasi pada ibu maupun bayi. Asuhan nifas dilakukan sebanyak 4 kali kunjungan dan asuhan neonatus sebanyak 3 kali kunjungan. Asuhan nifas yang diberikan meliputi senam nifas, edukasi personal *hygiene*, nutrisi, teknik menyusui, pijat oksitosin. Asuhan neonatus yang diberikan yaitu edukasi ASI eksklusif, perawatan tali pusat, pijat bayi. Tali pusat puput pada hari ke-4 dan berat badan bayi bertambah sebanyak 700 gram pada usia 28 hari. Pada kunjungan nifas terakhir ibu memutuskan menggunakan KB suntik progestin. Secara keseluruhan, asuhan kebidanan komprehensif yang diberikan berjalan baik tanpa komplikasi. Diharapkan tenaga kesehatan khususnya bidan dapat mempertahankan asuhan kebidanan secara berkesinambungan dan berkelanjutan dimulai dari masa kehamilan, persalinan, nifas dan neonatus.

Kata Kunci : *Asuhan, kehamilan, persalinan, nifas, neonatus*
Daftar Bacaan : 64 Referensi (2016-2026)

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

FINAL PROJECT REPORT, JUNI 2026

NAYLA FLORENSIA ADWY

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. R AT THE
ZURRAHMI MATERNITY AND CHILD HEALTH CLINIC IN
PEKANBARU IN 2026**

xiii, 137 pages, 9 tables, 10 attachments

ABSTRACT

Comprehensive midwifery care is continuous care provided to mothers from pregnancy, childbirth, the postpartum period, and the neonatal period through family planning to improve the health of both mother and baby. This care was provided to Mrs. R at TPMB Zurrahmi in Pekanbaru City from November 2025 to February 2026 using the Continuity of Midwifery Care (CoMC) approach. Antenatal care was carried out between 33 and 39 weeks of gestation over four visits, with both the mother and fetus found to be in normal condition. The complaint of frequent nighttime urination was managed through education on regulating fluid intake, pregnancy exercises, sleeping position, relaxation, and personal hygiene. Childbirth care was provided in accordance with Normal Childbirth Care (APN). Additional care included family support, back massage, Qur'an murottal therapy, aromatherapy, and breathing techniques. The baby was born spontaneously, female, weighing 3,600 grams and measuring 51 cm in length. Early initiation of breastfeeding (IMD) was successfully completed within 40 minutes, and no complications were found in either the mother or the baby. Postpartum care was provided over four visits, and neonatal care over three visits. Postpartum care included postpartum exercises, education on personal hygiene, nutrition, breastfeeding techniques, and oxytocin massage. Neonatal care included education on exclusive breastfeeding, umbilical cord care, and infant massage. The umbilical cord detached on the fourth day, and the baby's weight increased by 700 grams by the age of 28 days. At the final postpartum visit, the mother decided to use progestin injectable contraception. Overall, the comprehensive midwifery care provided proceeded well without complications. It is hoped that healthcare professionals, especially midwives, will continue to provide continuous and ongoing midwifery care starting from pregnancy, childbirth, the postpartum period, and the neonatal period.

Keywords : *Care for pregnancy, childbirth, postpartum, neonates*

Reference : 64 Referensi (2016-2026)