

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

**LAPORAN TUGAS AKHIR, JUNI 2026
NURUL FAJRINA SALMA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. Y DI PMB
SITI JULAEHA PEKANBARU TAHUN 2026**

xiii± 14 Halaman, 4 Tabel, 9 Lampiran

ABSTRAK

Continuity of Midwifery Care (CoMC) merupakan salah satu bentuk asuhan kebidanan berkelanjutan untuk membantu menurunkan Angka Kematian Ibu (AKI) dan Angka Kematian Bayi (AKB). CoMC dilakukan secara menyeluruh mulai dari masa kehamilan, persalinan, nifas, neonatus, hingga keluarga berencana guna mendeteksi dini komplikasi dan faktor risiko pada ibu maupun bayi. Studi kasus ini bertujuan memberikan asuhan kebidanan komprehensif pada Ny. Y usia 27 tahun G1P0A0H0 di TPMB Siti Julaeha Kota Pekanbaru. Metode yang digunakan adalah studi kasus dengan pemberian asuhan kebidanan berkelanjutan dari November 2025 sampai Februari 2026. Hasil asuhan menunjukkan bahwa selama kehamilan ibu mengeluhkan nyeri pinggang dan diberikan edukasi mengenai posisi tidur, body mechanic, serta yoga sehingga keluhan teratasi. Pemeriksaan antenatal dilakukan sesuai standar 10T untuk memantau kondisi ibu dan janin serta mendeteksi risiko Pertumbuhan Janin Terhambat (PJT) dan Bayi Berat Lahir Rendah (BBLR). Persalinan berlangsung normal sesuai Asuhan Persalinan Normal (APN). Bayi lahir spontan pada 01 Februari 2026 pukul 19.00 WIB dengan berat badan 3.270 gram dan panjang badan 47 cm. Inisiasi Menyusu Dini (IMD) berhasil dilakukan selama 1 jam. Masa nifas berlangsung normal, luka laserasi kering tanpa tanda infeksi, serta ibu mampu memberikan ASI. Pada pelayanan keluarga berencana, ibu memilih KB suntik 3 bulan. Kunjungan neonatus menunjukkan pertumbuhan dan perkembangan bayi baik dengan kenaikan berat badan sebesar 630 gram. Disimpulkan bahwa asuhan kebidanan komprehensif yang diberikan telah sesuai standar dan memberikan hasil yang baik bagi ibu dan bayi. Diharapkan pelayanan kebidanan komprehensif dapat dipertahankan untuk mendukung mutu pelayanan yang optimal.

Kata Kunci : *Asuhan Komprehensif, kehamilan, persalinan, nifas, neonatus*

Daftar Bacaan : 40 Referensi (2015-2026)

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

**FINAL PROJECT REPORT, JUNE 2025
NURUL FAJRINA SALMA**

**COMPREHENSIVE MIDWIFERY CARE IN MRS. Y AT PMB SITI
JULAEHA PEKANBARU CITY**

xiii+ 141 Page+ 4Table+9 Attachment

ABSTRACT

Continuity of Midwifery Care (CoMC) is a model of continuous midwifery care designed to help reduce the Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR). CoMC provides comprehensive care throughout pregnancy, childbirth, the postpartum period, neonatal care, and family planning to facilitate the early detection of complications and risk factors affecting both the mother and the baby. This case study aimed to provide comprehensive midwifery care for Mrs. Y, a 27-year-old primigravida (G1P0A0H0), at Siti Julaeha Independent Midwifery Practice (TPMB), Pekanbaru City. The method used was a case study involving continuous midwifery care from November 2025 to February 2026. The results showed that during pregnancy, the mother experienced lower back pain and received education on sleeping positions, proper body mechanics, and prenatal yoga, which successfully relieved the complaint. Antenatal care was provided according to the 10T standard to monitor maternal and fetal well-being and to detect the risk of Fetal Growth Restriction (FGR) and Low Birth Weight (LBW). The delivery proceeded normally in accordance with the Normal Childbirth Care (Asuhan Persalinan Normal/APN) guidelines. The baby was born spontaneously on February 1, 2026, at 7:00 p.m., weighing 3,270 grams and measuring 47 cm in length. Early Initiation of Breastfeeding (EIBF) was successfully performed for one hour. The postpartum period was uneventful, with the perineal laceration healing well without signs of infection, and the mother was able to provide breastfeeding. During family planning services, the mother chose the three-month injectable contraceptive. Neonatal follow-up visits demonstrated good growth and development, with a weight gain of 630 grams. In conclusion, the comprehensive midwifery care provided was in accordance with established standards and resulted in favorable outcomes for both the mother and the baby. Continuous comprehensive midwifery care is expected to be maintained to support optimal quality of maternal and neonatal health services.

Keywords : Comprehensive Care, pregnancy, childbirth, puerperium, neonates

Reading List : 40 References (2015-2026)