

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

**LAPORAN TUGAS AKHIR, JUNI 2026
NAWADA AQILAH ARIFIN**

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

xii + 146 halaman + 8 tabel + 10 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. J usia 24 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 senam hamil 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 07 Januari 2026 pukul 06.36 WIB dengan berat badan 2.415 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 eksklusif. Pada pelayanan keluarga berencana, ibu memilih KB suntik 3 bulan. Kunjungan neonatus menunjukkan pertumbuhan dan perkembangan bayi baik dengan kenaikan berat badan sebesar 185 gram. Disimpulkan bahwa asuhan kebidanan komprehensif yang diberikan telah sesuai dengan standar pelayanan kebidanan dan memberikan hasil yang baik bagi ibu dan bayi. Asuhan kebidanan komprehensif diharapkan dapat dipertahankan guna menjaga mutu pelayanan kebidanan yang komprehensif.

Kata Kunci: *Asuhan Kebidanan Komprehensif, hamil, bersalin, nifas, neonatus.*

Referensi : 52 referensi (2015-2026)

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

**FINAL PROJECT REPORT, JUNE 2026
NAWADA AQILAH ARIFIN**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. J AT INDEPENDENT
PRATICE OF MIDWIFE SITI JULAEHA PEKANBARU CITY ON 2026**

xii + 146 pages + 8 tables + 10 attachments

ABSTRACT

Continuity of Midwifery Care (CoMC) is a form of continuous midwifery care aimed at reducing Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR). CoMC is provided comprehensively from pregnancy, childbirth, postpartum, neonatal care, to family planning in order to detect complications and risk factors early in both mother and baby. This case study aimed to provide comprehensive midwifery care for Mrs. J, a 24-year-old G1P0A0H0 woman, at TPMB Siti Julaeha, Pekanbaru. The method used was a case study with 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, body mechanics, and pregnancy exercises, resulting in symptom improvement. Antenatal care was provided according to the 10T standard to monitor maternal and fetal conditions and detect the risk of Fetal Growth Restriction (FGR) and Low Birth Weight (LBW). Labor progressed normally according to Normal Childbirth Care standards. A male infant was born spontaneously on January 7, 2026, at 06:36 AM, weighing 2,415 grams and measuring 47 cm in length. Early Initiation of Breastfeeding (EIBF) was successfully performed for one hour. The postpartum period was normal, the perineal laceration wound healed without signs of infection, and the mother successfully practiced exclusive breastfeeding. In family planning services, the mother chose a three-month injectable contraceptive. Neonatal visits showed good growth and development, with a weight gain of 185 grams. It was concluded that the comprehensive midwifery care provided was in accordance with the standards of midwifery services and resulted in favorable outcomes for both the mother and the baby. Comprehensive midwifery care is expected to be maintained to ensure the quality of comprehensive midwifery services.

Keywords: *Comprehensive Midwifery Care, pregnancy, childbirth, postpartum, neonate.*

References : *52 References (2015-2026)*