

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

**LAPORAN TUGAS AKHIR, JUNI 2026
NURAIZA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. D DI TPMB NILA
TRISNAWATI KOTA PEKANBARU
Xi ± 153 Halaman, 5 Tabel, 11 Lampiran**

ABSTRAK

Asuhan kebidanan komprehensif merupakan pelayanan yang diberikan secara berkesinambungan sejak masa kehamilan, persalinan, nifas, neonatus, hingga keluarga berencana untuk meningkatkan kesehatan ibu dan bayi serta mendeteksi dini komplikasi. Tujuan Laporan Tugas Akhir ini adalah melaksanakan asuhan kebidanan komprehensif pada Ny. D G3P2A0H2 usia 26 tahun di TPMB Nila Trisnawati Kota Pekanbaru periode Desember 2025–Februari 2026. Metode yang digunakan adalah studi kasus dengan pendekatan *Continuity of Midwifery Care* (CoMC) dan pendokumentasian menggunakan metode SOAP. Asuhan dilakukan sejak usia kehamilan 32 minggu yang meliputi empat kali kunjungan antenatal, pertolongan persalinan sesuai standar Asuhan Persalinan Normal (APN), empat kali kunjungan nifas, tiga kali kunjungan neonatus, serta pelayanan keluarga berencana. Selama kehamilan ibu mengalami sering berkemih, nyeri punggung, dan keputihan fisiologis yang diatasi melalui edukasi, pemenuhan kebutuhan cairan, kompres hangat, senam hamil dan *personal hygiene*. Pada persalinan diterapkan manajemen nyeri nonfarmakologis menggunakan *gym ball* sehingga persalinan berlangsung spontan dan normal. Bayi lahir cukup bulan, segera menangis, bergerak aktif, dengan berat badan 2.700 gram dan panjang badan 48 cm. Pada masa nifas, keluhan *afterpain* diatasi melalui pendidikan kesehatan, disertai edukasi mengenai ASI dan teknik menyusui. Hasil skrining *Edinburgh Postnatal Depression Scale* (EPDS) menunjukkan kondisi normal. Asuhan neonatus meliputi pencegahan hipotermia, perawatan tali pusat, pemberian ASI eksklusif, imunisasi hepatitis B, serta pemantauan pertumbuhan. Ditemukan iritasi kulit yang diduga akibat penggunaan sabun sehingga diberikan edukasi perawatan kulit bayi. Setelah konseling keluarga berencana, ibu memilih kontrasepsi suntik 3 bulan. Disimpulkan bahwa asuhan kebidanan komprehensif mampu mempertahankan kondisi fisiologis ibu dan bayi serta mendeteksi masalah kesehatan secara dini.

Kata Kunci : Asuhan Komprehensif, Kehamilan, Persalinan, Nifas, Neonatus, kesehatan ibu dan anak

Referensi : 59 Referensi (2016-2025)

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

**FINAL PROJECT REPORT, JUNE 2026
NURAIZA**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS.D AT NILA
TRISNAWATI CLINIC PEKANBARU CITY
Xi ± 153 Pages, 5 Tables, and 11 Attachments**

ABSTRACT

Comprehensive midwifery care is continuous care provided from pregnancy, childbirth, postpartum, neonatal, to family planning periods to improve maternal and infant health and to facilitate the early detection of complications. This Final Project aimed to implement comprehensive midwifery care for Mrs. D (G3P2A0H2), a 26-year-old woman, at TPMB Nila Trisnawati, Pekanbaru, from December, 2025, to February, 2026. The study employed a case study method using the *Continuity of Midwifery Care* (CoMC) approach with documentation based on the SOAP method. Care was provided from 32 weeks of gestation and included four antenatal visits, delivery management according to the *Normal Childbirth Care* (Asuhan Persalinan Normal/APN) standards, four postpartum visits, three neonatal visits, and family planning services. During pregnancy, the mother experienced frequent urination, back pain, and physiological vaginal discharge, which were managed through education, adequate fluid intake, warm compresses, pregnancy exercise, and personal hygiene. During labor, non-pharmacological pain management using a *gym ball* was applied, resulting in a spontaneous and normal delivery. A full-term infant was born, cried immediately, was active, weighed 2,700 grams, and measured 48 cm in length. During the postpartum period, *afterpain* was managed through health education, accompanied by breastfeeding and breastfeeding technique education. Screening using the *Edinburgh Postnatal Depression Scale* (EPDS) showed normal results. Neonatal care included hypothermia prevention, umbilical cord care, exclusive breastfeeding, hepatitis B immunization, and growth monitoring. Skin irritation suspected to be caused by soap use was identified, and education on infant skin care was provided. After receiving family planning counseling, the mother chose the three-month injectable contraceptive. It was concluded that comprehensive midwifery care was able to maintain the physiological condition of both mother and infant while facilitating the early detection of health problems.

Keywords : Comprehensive Care, Pregnancy, Labor, Postpartum, Neonate, maternal and child health.

References : 59 References (2016–2025)