

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIII KEBIDANAN**

**LAPORAN TUGAS AKHIR, MEI 2026
SRI REPITARIWATI LUMBAN TORUAN**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. M DI PRAKTIK
MANDIRI BIDAN DELIANA KOTA PEKANBARU TAHUN 2026**

xiii ± 143 Halaman + 7 Tabel + 10 Lampiran

ABSTRAK

Peran bidan dalam memberikan asuhan kebidanan secara komprehensif dan berkesinambungan menjadi sangat penting, terutama melalui pendekatan *Continuity of Midwifery Care* (CoMC). Asuhan ini bertujuan memberikan pelayanan menyeluruh kepada Ny. M sejak masa kehamilan, persalinan, nifas, hingga neonatus di TPMB Deliana Kota Pekanbaru. Pelaksanaan asuhan menggunakan manajemen kebidanan dengan pendokumentasian metode SOAP dan dilakukan sejak usia kehamilan 35 minggu- aterm, masa nifas dan neonatus, termasuk kunjungan rumah dimulai dari November 2025 sampai Juni 2026. Asuhan kehamilan dilakukan sebanyak 4x, pertolongan persalinan di TPMB, kunjungan masa nifas 4x, dan pelayanan neonatus sebanyak 3x. Ny. M G1P0A0H0 berusia 21 tahun dengan keluhan selama kehamilan yaitu nyeri punggung diberikan asuhan kompres hangat dan senam hamil sehingga keluhan dapat diatasi. Persalinan dilakukan secara spontan di TPMB Deliana, pada saat persalinan untuk mengurangi nyeri serta diberikan asuhan *Deep Back Massage*, miring kanan kiri serta teknik pernafasan. Bayi lahir spontan BB 3000gram PB 49 cm, kontraksi baik dan plasenta lahir lengkap. Masa nifas ibu dilakukan asuhan perawatan luka perineum, pijat oksitosin, perawatan payudara, dan keluarga berencana, sehingga luka jahitan sembuh, ASI lancar dan ibu memutuskan menggunakan KB Suntik 3 Bulan. Kunjungan neonatus dilakukan pijat bayi, perawatan tali pusat serta memberitahu ibu untuk menyusui bayinya secara *on-demand*, bayi menyusu kuat, serta terjadi peningkatan berat badan bayi sebanyak 700 gram. Diharapkan tenaga Kesehatan khususnya bidan dapat meningkatkan asuhan kebidanan sesuai standar kebidanan serta meningkatkan kualitas pelayanan kebidanan komprehensif.

Kata Kunci: Asuhan Kebidanan Komprehensif, CoMC dengan *Deep Back Massage*

Referensi: 51 Referensi (2016-2025)

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

**FINAL PROJECT REPORT, MAY 2026
SRI REPITARIWATI LUMBAN TORUAN**

**COMPREHENSIVE OBSTETRIC CARE AT MRS. M IN PRACTICE
INDEPENDENT MIDWIFE DELIANA PEKANBARU CITY IN 2026**

xiii ± 143 Pages + 7 Tables + 10 Appendices

ABSTRACT

The role of midwives in providing comprehensive and sustainable midwifery care is very important, especially through the *Continuity of Midwifery Care* (CoMC) approach. This care aims to provide comprehensive services to Mrs. M from pregnancy, childbirth, postpartum to neonatal at TPMB Deliana Pekanbaru City. The implementation of care uses obstetric management with documentation of the SOAP method and is carried out from 35 weeks of gestation, postpartum and neonatal periods, including home visits starting from November 2025 to June 2026. Pregnancy care was carried out 4 times, childbirth assistance at TPMB, postpartum visits 4 times, and neonatal services 3 times. Mrs. M G1P0A0H0 was 21 years old with complaints during pregnancy, namely back pain, and was given warm compress care and pregnancy exercises so that complaints could be overcome. Childbirth was carried out spontaneously at TPMB Deliana, at the time of delivery to reduce pain and was given *Deep Back Massage*, right and left tilt and breathing techniques. The baby was born spontaneously BB 3000gram PB 49 cm, contractions were good and the placenta was born complete. During the postpartum period, the mother was cared for perineal wounds, oxytocin massage, breast care, and family planning, so that the stitches healed, breast milk was smooth and the mother decided to use 3-Month Injectable Birth Control. The neonatal visit carried out baby massage, umbilical cord treatment and told mothers to breastfeed their babies *on-demand*, the baby breastfed strongly, and there was an increase in baby weight by 700 grams. It is hoped that health workers, especially midwives, can improve midwifery care according to midwifery standards and improve the quality of comprehensive midwifery services.

Keywords: *Comprehensive Midwifery Care, CoMC with Deep Back Massage*
References: 51 references (2016-2025)