

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

**LAPORAN TUGAS AKHIR, JUNI 2026
DEA SYAFITRI**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA Ny. S DI TPMB LILIS
SUGIANTI KOTA PEKANBARU**

xiv + 127 Halaman + 7 Tabel + 11 Lampiran

ABSTRAK

Asuhan kebidanan komprehensif merupakan pelayanan berkesinambungan dari kehamilan, persalinan, nifas, dan pada neonatus untuk mendukung kesehatan ibu dan bayi. Studi kasus ini bertujuan memberikan asuhan kebidanan komprehensif pada Ny. S G2P1A0H1 usia kehamilan 33 minggu – aterm, masa nifas dan neonatus di TPMB Lilis Sugianti Kota Pekanbaru tahun 2026. Asuhan Kehamilan dilakukan sebanyak 4x kunjungan, pertolongan persalinan, 4x kunjungan nifas, dan 3x kunjungan neonatus. Masa kehamilan Ny. S mengalami obesitas dengan IMT 34,13 kg/m². Kenaikan berat badan selama hamil sebesar 7 kg sesuai rekomendasi ibu hamil dengan obesitas yaitu 5–9 kg dan diberikan asuhan diet rendah kalori tinggi protein untuk mengontrol berat badan. Ibu mengalami ketidaknyamanan karena kontraksi *braxton hicks* diberikan asuhan teknik rileksasi dan istirahat yang cukup sehingga keluhan teratasi. Persalinan berlangsung normal dengan asuhan sayang ibu yaitu teknik relaksasi dan *deep back massage*. Bayi lahir dengan BB 3.700 gram dan PB 52 cm, ketuban bercampur mekonium serta mengalami asfiksia sedang diatasi dengan resusitasi awal. Plasenta lahir lengkap, kontraksi uterus baik, perdarahan normal, dan terdapat laserasi perineum derajat II yang dilakukan penjahitan. Masa nifas ibu mengalami bendungan ASI hari ke 5 yang diatasi dengan kompres hangat dan pijat payudara. Hasil konseling KB, ibu berencana menggunakan IUD. Asuhan neonatus dilakukan perawatan tali pusat, pijat bayi, serta edukasi menyusui *on-demand*. Berat badan bayi meningkat 100 gram pada hari ke-8. Diharapkan tenaga kesehatan dapat mempertahankan pelayanan kebidanan berkelanjutan.

Kata kunci: Asuhan Kebidanan Komprehensif, *Continuity of Midwifery Care (CoMC)*, Kehamilan, Persalinan, Nifas, Neonatus

Referensi : 100 Referensi (2012-2025)

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

**FINAL PROJECT REPORT, JUNE 2026
DEA SYAFITRI**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. S AT TPMB LILIS
SUGIANTI PEKANBARU CITY**

xiv + 127 Pages + 7 Tables + 11 Appendices

ABSTRACK

Comprehensive obstetric care is a continuous service from pregnancy, childbirth, postpartum and neonatal care to support the health of the mother and baby. This case study aims to provide comprehensive obstetric care to Mrs. S G2P1A0H1 33 weeks gestational age – term, postpartum period and neonatal at TPMB Lilis Sugianti Pekanbaru City in 2026. Pregnancy care is carried out as many as 4 visits, childbirth assistance, 4x postpartum visits, and 3x neonatal visits. During her pregnancy, Mrs. S is obese with a BMI of 34.13 kg/m². Weight gain during pregnancy is 7 kg according to the recommendations of pregnant women with obesity, which is 5–9 kg and is given low-calorie high-protein diet care to control weight. The mother experienced discomfort because of braxton hicks contractions were given adequate relaxation and rest techniques so that the complaints were resolved. Childbirth took place normally with the mother's loving care, namely relaxation techniques and deep back massage. The baby was born with a BB of 3,700 grams and a PB of 52 cm, amniotic membranes mixed with meconium and asphyxia were being treated with initial resuscitation. The placenta was born complete, uterine contractions were good, bleeding was normal, and there was a second degree perineal laceration that was sutured. The mother's postpartum period experienced a milk dam on day 5 which was overcome with warm compresses and breast massage. As a result of family planning counseling, the mother planned to use an IUD. Neonatal care was carried out umbilical cord treatment, baby massage, and on-demand breastfeeding education. The baby's weight increased by 100 grams on the 8th day. It is hoped that health workers can maintain continuous obstetric services.

Keywords: *Comprehensive Midwifery Care, Continuity of Midwifery Care, Pregnancy, Childbirth, Postpartum, Neonate*

References: *100 References (2012-2025)*