

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

**LAPORAN TUGAS AKHIR, JUNI 2026
ANDINNI SEKAR WANGI**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. N DI TPMB
NILA TRISNAWATI PEKANBARU TAHUN 2026**

± xiii +122 Halaman, 6 Tabel, 9 Lampiran

ABSTRAK

Asuhan Kebidanan Komprehensif merupakan asuhan yang diberikan secara menyeluruh dimulai dari hamil, bersalin, nifas, dan neonatus yang penting bagi keberlangsungan hidup ibu dan bayi. Laporan Tugas Akhir ini bertujuan untuk memberikan dan menerapkan asuhan kebidanan pada Ny.N, G1P0A0H0, usia kehamilan 38 minggu 6 hari di TPMB Nila Trisnawati Kota Pekanbaru pada bulan November 2025 sampai Januari 2026. Asuhan yang diberikan berupa kunjungan sebanyak 3 kali selama kehamilan trimester III, persalinan, nifas 4 kali dan neonatus 3 kali. Pada usia kehamilan 36 minggu ibu mengeluh nyeri pinggang yang dapat diatasi dengan cara massage punggung. Persalinan dilakukan sesuai dengan standar Asuhan Persalinan Normal. Pada kala I dilakukan massase punggung untuk mengurangi rasa nyeri persalinan. Bayi lahir spontan, menangis kuat, tonus otot baik, pergerakan aktif, dengan BB 3000 gram, PB 48 cm, dan jenis kelamin perempuan. Pada awal nifas ibu mengeluh perut mules yang dapat diatasi dengan edukasi bahwa keluhan tersebut hal yang normal karena adanya kontraksi uterus dan bisa didukung dengan mobilisasi dini untuk mempercepat involusi uterus.. Hasil konseling keluarga berencana, ibu memutuskan menggunakan kontrasepsi suntik tiga bulan. Asuhan neonatus pada bayi Ny. N dilakukan sesuai standar kunjungan neonatal (KN) 1, 2, dan 3. Asuhan yang diberikan mencakup perawatan tali pusat, pemantauan pertumbuhan, edukasi ASI eksklusif, serta pijat bayi. Tali pusat puput pada hari ke 6 dan pada usia 13 hari, bayi mengalami peningkatan berat badan sebanyak 500 gram. Diharapkan tenaga kesehatan dapat mempertahankan dan meningkatkan kualitas pelayanan, terutama dalam bidang Asuhan Kebidanan Komprehensif yang dimulai dari hamil, bersalin, nifas, dan neonatus.

Kata Kunci: *Asuhan Kebidanan Komprehensif, ASI eksklusif*

Referensi : 44 Referensi (2017-2023)

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

**FINAL PROJECT REPORT, JUNE 2026
ANDINNI SEKAR WANGI**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. N AT TPMB NILA
TRISNAWATI, PEKANBARU, 2026**

± xiii +122 Pages, 6 Tables, 9 Appendices

ABSTRACT

Comprehensive midwifery care encompasses holistic support spanning the prenatal, labor, postpartum, and neonatal periods, which is vital for the survival and well-being of both mother and infant. This final project report aims to document the provision and implementation of midwifery care for Mrs. N (a first-time mother, G1P0A0H0) at a private midwifery practice (TPMB) in Pekanbaru City between November 2025 and January 2026. The care provided included three prenatal visits during the third trimester, delivery attendance, four postpartum visits, and three neonatal visits. At 36 weeks of gestation, the mother complained of lower back pain, which was alleviated through back massage. Delivery was conducted in accordance with standard Normal Birth Care protocols; back massage was administered during the first stage of labor to manage pain. The infant was delivered spontaneously, crying vigorously with good muscle tone and active movement; birth measurements were 3,000 grams in weight and 48 cm in length, and the infant was female. During the early postpartum period, the mother complained of abdominal cramping; this was addressed by explaining that such discomfort is normal due to uterine contractions and by encouraging early mobilization to accelerate uterine involution. Following family planning counseling, the mother opted for a three-month injectable contraceptive. Neonatal care for Mrs. N's baby followed the standards for neonatal visits (KN) 1, 2, and 3. Services included umbilical cord care, growth monitoring, education on exclusive breastfeeding, and infant massage. The umbilical cord stump detached on the sixth day, and by the age of 13 days, the infant had gained 500 grams in weight. It is hoped that healthcare professionals will maintain and enhance the quality of care, particularly regarding comprehensive midwifery services covering the prenatal, labor, postpartum, and neonatal stages.

Keywords: *Comprehensive midwifery care exclusive breastfeeding*
References: *44 References (2017–2023)*