

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

**LAPORAN TUGAS AKHIR, JUNI 2026
ELSI MAHARANI**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. D
DI PMB LILIS SUGIANTI KOTA PEKANBARU TAHUN 2026**

XII + 144 Halaman + 3 Tabel + 1 Gambar + 12 Lampiran

ABSTRAK

Asuhan kebidanan komprehensif diberikan secara berkesinambungan mulai kehamilan hingga keluarga berencana. Studi kasus ini bertujuan memberikan asuhan kebidanan secara menyeluruh pada Ny. D (G2P1A0H1) usia 26 tahun mulai dari masa kehamilan 34 minggu hingga keluarga berencana di PMB Lilis Sugianti Kota Pekanbaru pada 05 Februari 2026 sampai 18 April 2026. Pengumpulan data dilakukan melalui anamnesis, pemeriksaan umum, pemeriksaan fisik, serta pemeriksaan penunjang KSPR, penapisan persalinan, partograf, buku KIA, dan media KIE didokumentasikan dengan metode SOAP. Asuhan diberikan melalui 4 kali kunjungan kehamilan, pendampingan persalinan, 4 kali kunjungan nifas, dan 3 kali kunjungan neonatus. Hasil menunjukkan bahwa selama kehamilan ibu mengalami nyeri pinggang dan kram kaki trimester III yang ditangani dengan senam hamil, kompres hangat, pemenuhan nutrisi, dan istirahat cukup. Pada persalinan diberikan intervensi meliputi teknik relaksasi pernapasan, masase punggung, pemenuhan nutrisi dan cairan, mobilisasi, pengaturan posisi yang nyaman, pengajaran teknik mengejan yang benar, serta pemantauan kemajuan persalinan menggunakan partograf. Persalinan berlangsung pada usia kehamilan 39 minggu, bayi lahir spontan, aterm, segera menangis, aktif, dengan berat badan 2.500 gram dan panjang badan 50 cm. Terjadi laserasi perineum derajat II yang ditangani dengan penjahitan. Pada masa nifas dilakukan pemantauan kondisi ibu, penyembuhan luka perineum, serta pemberian konseling ASI eksklusif dan keluarga berencana. Hasil konseling keluarga berencana ibu memilih kontrasepsi suntik 3 bulan. Asuhan neonatus meliputi perawatan rutin dan pijat bayi. Berat badan bayi meningkat 700 gram pada usia 28 hari. Diharapkan hasil studi kasus ini dapat dijadikan referensi bagi tenaga kesehatan dalam memberikan pelayanan KIA-KB yang komprehensif, berkesinambungan, dan berkualitas.

Kata Kunci: *Asuhan Kebidanan Komprehensif, Hamil, Bersalin, Nifas, Neonatus*

Referensi: 99 Referensi (2016-2025)

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

**FINAL PROJECT REPORT, JUNE 2026
ELSI MAHARANI**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. D
AT PMB LILIS SUGIANTI PEKANBARU CITY IN 2026**

XII + 144 Pages + 3 Tables + 1 Figure + 12 Appendices

ABSTRACT

Comprehensive midwifery care is provided continuously from pregnancy to family planning services. This case study aimed to provide comprehensive midwifery care for Mrs. D (G2P1A0H1), aged 26 years, from 34 weeks of gestation until family planning at PMB Lilis Sugianti, Pekanbaru City, from February 5, 2026, to April 18, 2026. Data were collected through history taking, general examination, physical examination, and supporting assessments including the Poedji Rochjati Score Card (KSPR), labor screening, partograph, Maternal and Child Health (MCH) handbook, and health education media, which were documented using the SOAP method. Care was provided through four antenatal visits, labor assistance, four postpartum visits, and three neonatal visits. The results showed that during the third trimester of pregnancy, the mother experienced low back pain and leg cramps, which were managed through pregnancy exercises, warm compresses, adequate nutrition, and sufficient rest. During labor, interventions included breathing relaxation techniques, back massage, adequate nutrition and fluid intake, mobilization, comfortable positioning, instruction on proper pushing techniques, and monitoring labor progress using a partograph. Labor occurred at 39 weeks of gestation, resulting in the spontaneous birth of a term infant who cried immediately after birth, was active, weighed 2,500 grams, and measured 50 cm in length. A second-degree perineal laceration occurred and was managed with suturing. During the postpartum period, monitoring of the mother's condition, perineal wound healing, exclusive breastfeeding counseling, and family planning counseling were provided. Following counseling, the mother chose the 3-month injectable contraceptive method. Neonatal care included routine newborn care and infant massage. The infant's weight increased by 700 grams at 28 days of age. This case study is expected to serve as a reference for healthcare providers in delivering comprehensive, continuous, and high-quality maternal, child health, and family planning services.

Keywords: *Comprehensive Midwifery Care, Pregnancy, Labor, Postpartum, Neonate*

References: 99 References (2016–2025)

