

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

**LAPORAN TUGAS AKHIR, JULI 2026
ANGGIRANINURUL HIDAYAH**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. M DI PMB NILA
TRISNAWATI KOTA PEKANBARU TAHUN 2026
± xii + 109 halaman + 9 tabel + 8 lampiran**

ABSTRAK

Asuhan kebidanan komprehensif dan berkelanjutan atau *Continuity of Midwifery Care* (CoMC) merupakan asuhan yang diberikan secara menyeluruh mulai dari masa kehamilan, persalinan, nifas, hingga neonatus. Tujuan asuhan ini adalah untuk melakukan pencegahan komplikasi pada ibu dan bayi secara berkesinambungan selama seluruh periode tersebut. Studi kasus ini dilakukan pada Ny. M G3P2A0H2 di TPMB Nila Trisnawati pada November 2025 hingga Januari 2026 dengan pendekatan asuhan berkelanjutan. Asuhan yang diberikan meliputi 4 kali kunjungan antenatal, 1 kali asuhan persalinan, 4 kali kunjungan nifas, dan 3 kali kunjungan neonatus. Selama masa kehamilan trimester III ditemukan ketidaknyamanan fisiologis berupa nyeri perut bagian bawah yang ditangani dengan edukasi istirahat cukup, menghindari aktivitas berat, meningkatkan asupan cairan, serta kompres hangat. Persalinan berlangsung secara *Sectio Caesarea* atas indikasi kala II memanjang. Bayi lahir pada 19 Desember 2025 pukul 04.10 WIB, berjenis kelamin perempuan dengan berat badan 2.500 gram dan panjang badan 47 cm. Asuhan nifas dilakukan selama 40 hari dengan pemantauan luka operasi, deteksi tanda infeksi, skrining *Edinburgh Postnatal Depression Scale* (EPDS), serta konseling kontrasepsi suntik progestin. Pada masa neonatus diberikan edukasi mengenai ASI eksklusif dan pijat bayi, dengan hasil peningkatan berat badan bayi sebesar 400 gram pada hari ke-13. Hasil pemantauan menunjukkan kondisi ibu dan bayi dalam keadaan stabil tanpa komplikasi. Secara keseluruhan intervensi yang diberikan berjalan sesuai rencana dan kebutuhan pasien. Asuhan ini diharapkan menjadi acuan bagi bidan dalam memberikan pelayanan kebidanan komprehensif dan berkesinambungan berbasis bukti di fasilitas kesehatan primer di Indonesia.

Kata Kunci : *Asuhan Kebidanan, Komprehensif, Kehamilan, Persalinan, Nifas, Neonatus*

Daftar Bacaan : 69 Referensi (2014 – 2024)

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

**FINAL PROJECT REPORT, JULY 2026
ANGGIRANINURUL HIDAYAH**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. M AT NILA
TRISNAWATI MATERNITY CLINIC, PEKANBARU CITY, 2026
± xii + 109 pages + 9 tables + 8 appendices**

ABSTRACT

Comprehensive and continuous midwifery care, also known as Continuity of Midwifery Care (COMC), is a holistic care approach provided throughout pregnancy, childbirth, the postpartum period, and the neonatal period. The aim of this care is to prevent complications in mothers and infants continuously during these periods. This case study was conducted on Mrs. M G3P2A0H2 at TPMB Nila Trisnawati from November 2025 to January 2026 using a continuity of care approach. The care provided included four antenatal visits, one childbirth care, four postpartum visits, and three neonatal visits. During the third trimester of pregnancy, a physiological discomfort was identified in the form of lower abdominal pain. Management included education on adequate rest, avoiding heavy physical activity, increasing fluid intake, and applying warm compresses. The delivery was performed by Caesarean section due to prolonged second stage of labor. The baby was born on December 19, 2025 at 04:10 a.m., female, with a birth weight of 2,500 grams and a length of 47 cm. Postpartum care was provided for 40 days, including surgical wound care, infection screening, Edinburgh Postnatal Depression Scale (EPDS) assessment, and counseling for progestin-only injectable contraception. During the neonatal period, education on exclusive breastfeeding and baby massage was provided, resulting in a 400-gram weight gain by day 13. The results of monitoring showed that both mother and baby were in stable condition without complications. Overall, the interventions were implemented according to the care plan and patient needs.. This care is expected to serve as a reference for midwives in providing comprehensive, continuous, and evidence-based midwifery services in primary healthcare settings in Indonesia.

**Keywords: Midwifery Care, Comprehensive, Pregnancy, Childbirth,
Postpartum, Neonates**

References: 69 References (2014 – 2024)