

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU
PRODI D-III KEBIDANAN**

**LAPORAN TUGAS AKHIR JUNI 2026
ANGGI SAFITRI**

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

xi ± 140 Halaman + 7 Tabel + 10 Lampiran

ABSTRAK

Salah satu upaya untuk menurunkan risiko komplikasi adalah penerapan *Continuity of Midwifery Care* (CoMC), yaitu asuhan kebidanan berkesinambungan mulai dari kehamilan, persalinan, nifas, hingga neonatus. Laporan Tugas Akhir ini bertujuan memberikan asuhan kebidanan komprehensif pada Ny. J G5P4A0H4 usia 32 tahun di TPMB Nila Trisnawati Kota Pekanbaru. Metode yang digunakan adalah studi kasus dengan pendekatan manajemen kebidanan dan pendokumentasian SOAP. Asuhan dilakukan sejak usia kehamilan 29 minggu pada 03 Januari–08 Maret 2026, meliputi empat kunjungan antenatal, satu kali pertolongan persalinan, empat kunjungan nifas, dan tiga kunjungan neonatus. Hasil asuhan menunjukkan bahwa pada trimester III ibu mengalami nyeri punggung bawah fisiologis yang dapat diatasi melalui edukasi, senam hamil, dan pijat punggung. Pada persalinan terjadi inersia uteri sekunder sehingga dilakukan tindakan sectio caesarea di RS PMC. Bayi lahir dalam keadaan baik dengan berat badan 3.500 gram. Masa nifas post SC dilakukan 4 kali kunjungan dengan keluhan nyeri luka bekas SC diatasi melalui kompres hangat. Serta puntung datar diatasi melakukan teknik Hoffman, seluruh keluhan masa nifas berhasil teratasi dan pada ibu nifas menggunakan metode kontrasepsi MOW. Asuhan neonatus menunjukkan pertumbuhan yang baik dengan peningkatan berat badan 400 gram dalam 19 hari. Secara keseluruhan, penerapan CoMC berjalan sesuai standar pelayanan kebidanan, mendukung deteksi dini komplikasi, serta memberikan asuhan yang komprehensif dan berkesinambungan. Diharapkan bidan dapat meningkatkan kualitas asuhan kebidanan secara komprehensif dan berkesinambungan sesuai dengan standar pelayanan kebidanan serta melengkapi dokumentasi sesuai dengan format SOAP.

Kata Kunci: **asuhan kebidanan komprehensif, inersia uteri, sectio caesarea,**
Referensi: 57, (2015–2024)

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

**FINAL PROJECT REPORT, JUNE 2026
ANGGI SAFITRI**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. J AT NILA TRISNAWATI
INDEPENDENT MIDWIFERY PRACTICE, PEKANBARU CITY, 2026**

xi ± 140 Page + 7 Tables + 10 Attachman

ABSTRACT

One effort to reduce the risk of complications is the implementation of Continuity of Midwifery Care (CoMC), namely continuous midwifery care starting from pregnancy, childbirth, postpartum, to the neonatal period. This Final Report aims to provide comprehensive midwifery care to Mrs. J, G5P4A0H4, aged 32 years, at TPMB Nila Trisnawati, Pekanbaru City. The method used was a case study with a midwifery management approach and SOAP documentation. Care was provided starting from 29 weeks of gestation, from January 3–March 8, 2026, comprising four antenatal visits, one delivery assistance, four postpartum visits, and three neonatal visits. The results of the care showed that in the third trimester the mother experienced physiological lower back pain, which was managed through education, prenatal exercise, and back massage. During labor, secondary uterine inertia occurred, requiring a cesarean section (SC) at PMC Hospital. The baby was born in good condition with a birth weight of 3,500 grams. Postpartum care after the SC was carried out over four visits, with complaints of pain at the SC incision site managed using warm compresses. Flat nipples were addressed using the Hoffman technique, and all postpartum complaints were successfully resolved; the mother chose the MOW (tubal ligation) contraceptive method. Neonatal care showed good growth, with a weight gain of 400 grams over 19 days. Overall, the implementation of CoMC was carried out in accordance with midwifery care standards, supported early detection of complications, and provided comprehensive and continuous care. It is hoped that midwives can improve the quality of comprehensive and continuous midwifery care in accordance with midwifery service standards, and complete documentation according to the SOAP format.

Keywords: *comprehensive midwifery care, uterine inertia, cesarean section*
References: 57 (2015–2024)