

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU
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SALSA NUR OKTAVIA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. N DI TPMB
DARLIANA KOTA PEKANBARU TAHUN 2026**

xiii± 158 Halaman, 5 Tabel, 9 Lampiran

ABSTRAK

Peningkatan kualitas pelayanan kesehatan ibu dan anak melalui asuhan yang berkesinambungan merupakan upaya strategis dalam menurunkan Angka Kematian Ibu (AKI) dan Angka Kematian Bayi (AKB). Studi kasus ini bertujuan memberikan asuhan kebidanan komprehensif menggunakan pendekatan *Continuity of Midwifery Care* (CoMC) dan pendokumentasian SOAP pada Ny. N (G2P1A0H1) di PMB Darliana Kota Pekanbaru. Asuhan kehamilan (*Antenatal Care*) dilakukan sebanyak 4 kali kunjungan dimulai dari usia kehamilan 32 – 37 minggu. Selama masa kehamilan, ditemukan ketidaknyamanan fisiologis berupa nyeri punggung yang berhasil diatasi melalui edukasi cara mengurangi keluhan dengan peregangan ringan, posisi tidur yang nyaman, relaksasi pernapasan juga istirahat yang cukup. Persalinan (*Intranatal Care*) berlangsung secara normal spontan dengan laserasi jalan lahir derajat I. Bayi lahir cukup bulan, langsung menangis kuat, pergerakan aktif, berjenis kelamin perempuan dengan berat badan 3.000 gram dan panjang 48 cm, serta segera dilakukan Inisiasi Menyusu Dini (IMD). Pemantauan masa nifas (*Postnatal Care*) dilakukan melalui 4 kali kunjungan (KF1–KF4). Ketidaknyamanan berupa perut mulas normal involusi uteri dan ASI belum lancar diatasi dengan edukasi fisiologi nifas, perawatan payudara, serta pijat oksitosin. Hasil konseling keluarga berencana, ibu memutuskan menggunakan kontrasepsi suntik 3 bulan. Asuhan neonatus dilakukan melalui 3 kali kunjungan neonatal (KN1–KN3). Tali pusat bayi puput normal pada hari ke-4 tanpa infeksi. Pada usia 15 hari, bayi sehat dengan berat badan meningkat menjadi 3.100 gram. Diharapkan tenaga kesehatan dapat mempertahankan dan meningkatkan kualitas pelayanan KIA-KB melalui pemberian asuhan kebidanan yang komprehensif dan menyeluruh.

Kata Kunci : Asuhan Kebidanan Komprehensif, kehamilan, persalinan normal, bayi baru lahir, kesehatan ibu dan anak.

Referensi : 95 Referensi (2018- 2026)

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
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**COMPREHENSIVE MIDWIFERY FOR NY. N AT TPMB DARLIANA
PEKANBARU CITY IN 2026**

xiii± 158 Pages, 5 Tables, 9 Attachments

ABSTRACT

Improving the quality of maternal and child health services through continuous care is a strategic effort to reduce Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR). This case study aims to provide comprehensive midwifery care using the Continuity of Midwifery Care (CoMC) model and a midwifery management approach for Mrs. N (G2P1A0H1) at the Darliana Independent Midwifery Practice (PMB) in Pekanbaru City. Antenatal care was provided over four visits, commencing between 32 and 37 weeks of gestation. During pregnancy, the patient experienced physiological discomfort in the form of back pain, which was managed through education on symptom relief techniques such as light stretching, comfortable sleeping positions, breathing relaxation, and adequate rest. Labor occurred spontaneously at 38 weeks of gestation, resulting in a first-degree perineal laceration. The infant was born at term, cried vigorously immediately, showed active movement, was female, weighed 3,000 grams, measured 48 cm in length, and underwent Early Initiation of Breastfeeding (IMD). Postpartum monitoring was conducted over four visits (KF1–KF4). Postpartum uterine cramping (afterpains) was managed through education on physiological postpartum processes, while delayed breast milk flow was addressed with breast care and oxytocin massage. Uterine involution proceeded normally, and following family planning counseling, the mother decided to use a 3-month injectable contraceptive. Neonatal care was provided through three visits (KN1–KN3). The umbilical cord detached normally on the fourth day without infection, and the infant experienced a physiological weight loss of 100 grams. At 15 days of age, the infant was healthy, having gained 200 grams to reach a weight of 3,100 grams. It is hoped that healthcare providers will continue to maintain and improve the quality of comprehensive and continuous maternal and child health and family planning (KIA-KB) services to reduce MMR and IMR.

Keywords : Comprehensive midwifery care, pregnancy, back massage, normal delivery, newborn, maternal and child health.
References : 95 references (2018–2026)