

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

**LAPORAN TUGAS AKHIR, MEI 2026
GUSMIATI ZAHRA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. G DI TPMB LILIS
SUGIANTI PEKANBARU TAHUN 2026**

xiii + 184 Halaman, 4 Tabel, 6 gambar, 10 Lampiran

ABSTRAK

Transformasi layanan primer dalam upaya menurunkan Angka Kematian Ibu (AKI) dilakukan dengan pendekatan siklus hidup *continuum of care*, yang dimulai dari masa sebelum hamil, hamil, persalinan sampai sesudah melahirkan. Studi kasus ini bertujuan memberikan asuhan kebidanan pada Ny. G (G4P2A1H2) dari masa kehamilan trimester III hingga masa nifas, pada bulan Januari - Maret 2026 di TPMB Lilis Sugianti Kota Pekanbaru dan kunjungan rumah di jalan Sukakarya, Pekanbaru. Asuhan kehamilan dilakukan sebanyak 4 kali kunjungan di TPMB Lilis Sugianti Kota Pekanbaru. Kontak pertama usia kehamilan 33-34 minggu, didapatkan janin letak *oblique*, kemudian diberikan edukasi latihan *knee chest position* dan pada kunjungan ketiga janin menjadi presentasi kepala. Keluhan yang ibu alami selama kehamilan trimester III yaitu nyeri perut bagian bawah kanan dan kontraksi palsu (*Braxton Hicks*). Diberikan asuhan berupa kompres hangat dan teknik relaksasi napas dalam. Persalinan kala I dan kala II berlangsung fisiologis, Bayi lahir cukup bulan (39-40 minggu), menangis kuat, bergerak aktif, jenis kelamin laki-laki dengan berat badan 3.200 gram dan panjang badan 48 cm. Kala III dilakukan rujukan oleh bidan atas indikasi sisa plasenta. Pada masa nifas, ibu mengalami *afterpain* dan nyeri luka perineum, diberikan edukasi *afterpain*, cara perawatan luka perineum dan konseling KB. Ibu memilih kontrasepsi suntik tiga bulan. Asuhan neonatus diberikan yang mencakup perawatan tali pusat, pemantauan pertumbuhan dan pijat bayi. Usia 21 hari, bayi mengalami peningkatan berat badan menjadi 3900 gram (naik 700 gram). Diharapkan tenaga kesehatan khususnya bidan dapat melakukan asuhan kebidanan secara komprehensif dan berkelanjutan dimulai dari masa kehamilan, persalinan, nifas dan neonatus

Kata Kunci: *Asuhan Kebidanan Komprehensif, Continuity Of Midwifery Care, Kehamilan, Persalinan, Nifas, Neonatus.*

Referensi : 78 Referensi (2018-2025)

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

**FINAL PROJECT REPORT, MAY 2026
GUSMIATI ZAHRA**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. G AT TPMB LILIS
SUGIANTI PEKANBARU CITY**

xiii + 184 pages, 4 tables, 6 picture, 10 appendices

ABSTRAK

The transformation of primary healthcare services to reduce the Maternal Mortality Rate (MMR) is implemented through a life-cycle approach known as the continuum of care, which begins before pregnancy and continues through pregnancy, childbirth, and the postpartum period. This case study aimed to provide midwifery care for Mrs. G (G4P2A1H2) from the third trimester of pregnancy until the postpartum period from January to March 2026 at TPMB Lilis Sugianti, Pekanbaru City, and through home visits on Sukakarya Street, Pekanbaru. Antenatal care was provided through four visits. At the first contact, at 33–34 weeks of gestation, the fetus was found in an oblique lie. The mother was educated on the knee chest position exercise, and by the third visit, the fetus had changed to a cephalic presentation. During the third trimester, the mother experienced right lower abdominal pain and false labor contractions (Braxton Hicks contractions), which were managed with warm compresses and deep-breathing relaxation techniques. The first and second stages of labor progressed physiologically. A full-term male infant (39–40 weeks) was born, cried immediately, was active, weighed 3,200 grams, and measured 48 cm in length. During the third stage of labor, referral was initiated by the midwife due to retained placental tissue. During the postpartum period, the mother experienced afterpains and perineal wound pain. She received education regarding afterpains, perineal wound care, and family planning counseling. The mother chose a three-month injectable contraceptive. Neonatal care included umbilical cord care, growth monitoring, and infant massage. At 21 days of age, the infant's weight had increased to 3,900 grams (a gain of 700 grams). It is expected that healthcare providers, particularly midwives, deliver comprehensive and continuous midwifery care throughout pregnancy, childbirth, postpartum, and neonatal periods.

Keywords: Comprehensive Midwifery Care, Continuity of Midwifery Care (CoMC), Pregnancy, Childbirth, Postpartum, Neonatal.

Reading List: 78 References (2018-2025)