

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

**LAPORAN TUGAS AKHIR, APRIL 2026
RESA RAHMADANI**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. F DI TPMB
FITRI YANI PEKANBARU**

xiv + 136 Halaman, 6 Tabel, 2 Gambar, 9 Lampiran

ABSTRAK

Bidan memiliki peran penting dalam memberikan pelayanan kesehatan mulai dari masa kehamilan, persalinan, nifas, hingga neonatus secara menyeluruh dan berkesinambungan. Asuhan yang berkelanjutan bertujuan untuk meningkatkan kesehatan ibu dan bayi serta mendeteksi dini potensi komplikasi dengan metode *Continuity of Midwifery Care (CoMC)*. Asuhan diberikan kepada Ny. F, G2P1A0H1, usia kehamilan 30–31 minggu di TPMB Fitri Yani, Kota Pekanbaru, waktu asuhan yang diberikan pada Ny.F dimulai pada bulan Januari hingga April 2026. Asuhan kebidanan dilakukan 3 kali kunjungan kehamilan, persalinan di TPMB Fitri Kota Pekanbaru, 4 kali kunjungan nifas, dan 3 kali kunjungan neonatus di rumah pasien. Keluhan yang dialami Ny. F selama kehamilan trimester III adalah nyeri pinggang dan nyeri perut bagian bawah, yang diatasi dengan memberikan pendidikan kesehatan mengenai senam hamil, dan birthball. Persalinan dilakukan sesuai dengan standar Asuhan Persalinan Normal (APN), dengan pemberian asuhan pengurangan rasa nyeri menggunakan massase punggung dan *birth ball*. Bayi lahir spontan, menangis kuat, tonus otot baik, pergerakan aktif, dengan berat badan 3200 gram, panjang badan 52 cm, dan jenis kelamin perempuan. Pada kunjungan nifas, terdapat keluhan nyeri post hecting dan ASI sedikit yang dapat diatasi dengan pendidikan kesehatan mengenai perawatan post-heacting, senam nifas, pijat oksitosin, konseling KB dan ibu akseptor kontrasepsi suntik 3 bulan. Asuhan neonatus, dilakukan perawatan tali pusat, pemberian ASI eksklusif dan pijat bayi. Tali pusat puput pada hari ke-6, dan terjadi peningkatan berat badan bayi sebanyak 1250 gram pada usia 1 bulan. Disarankan agar bidan dapat mempertahankan pemberian pelayanan kebidanan secara komprehensif dan berkesinambungan.

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

Referensi : 68 Referensi (2015-2024)

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA POLITEKNIK
KESEHATAN RIAU**

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

FINAL PROJECT REPORT, APRIL 2026 RESA RAHMADANI

***COMPREHENSIVE MIDWIFERY CARE FOR MRS. F AT TPMB FITRI YANI
PEKANBARU***

xiv + 136 Pages, 6 Tables, 2 Figures, 9 Attachment

ABSTRACT

A midwife plays a crucial role in providing comprehensive and continuous healthcare services from pregnancy, childbirth, postpartum, to neonatal care. Continuous care aims to improve the health of mothers and babies and to detect potential complications early through the Continuity of Midwifery Care (CoMC) method. Care was provided to Mrs. F, a primigravida (G2P1A0H1), at 30–31 weeks of gestation, at TPMB Fitri, Pekanbaru. The care period for Mrs. F began in January and continued until April 2026. Midwifery care included three prenatal visits, delivery assistance at TPMB Fitri, four postpartum visits, and three neonatal visits at the patient's home. During the third trimester, Mrs. F experienced lower back pain and pelvic discomfort, which were addressed through health education on pregnancy exercises and the use of a birth ball. The delivery was conducted following the Standard of Normal Delivery Care (APN), with pain relief provided through back massage and the use of a birth ball. The baby was delivered spontaneously, cried vigorously, had good muscle tone, was active, weighed 3200 grams, measured 52 cm in length, and was female. In the postpartum visits, Mrs. F reported perineal pain and low breast milk supply, which were managed through health education on perineal care, postpartum exercises, oxytocin massage, family planning counseling, and the administration of the 3-month injectable contraceptive. Neonatal care included umbilical cord care, exclusive breastfeeding, and infant massage. The umbilical cord stump fell off on day six, and the baby's weight increased by 1250 grams by one month of age. It is recommended that midwives continue to provide comprehensive and continuous midwifery services.

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

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