

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

**LAPORAN TUGAS AKHIR, 2026
SANTA MONICA CHRISTINA**

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

xiii+ 141 halaman, 6 Tabel, 10 lampiran

ABSTRAK

Pelayanan kebidanan berkesinambungan merupakan upaya untuk meningkatkan kesehatan ibu dan bayi melalui pemantauan sejak masa kehamilan, persalinan, nifas, hingga neonatus. Laporan tugas akhir ini bertujuan memberikan asuhan kebidanan komprehensif pada Ny. A G1P0A0H0 melalui pendekatan *Continuity of Midwifery Care* (CoMC) di TPMB Nila Trisnawati Kota Pekanbaru tahun 2025–2026. Metode yang digunakan adalah studi kasus dengan pendokumentasian SOAP melalui anamnesis, observasi, pemeriksaan fisik, pemeriksaan penunjang, serta penggunaan instrumen KSPR, partograf, buku KIA, dan *Edinburgh Postnatal Depression Scale* (EPDS). Asuhan diberikan melalui empat kali kunjungan antenatal, pendampingan persalinan, empat kali kunjungan nifas, dan tiga kali kunjungan neonatus. Hasil asuhan menunjukkan kehamilan berlangsung fisiologis dengan skor KSPR 2 kategori Kehamilan Risiko Rendah. Ketidaknyamanan trimester III berupa nyeri pinggang dan nyeri perut bagian bawah dapat diatasi melalui kompres hangat dengan suhu 37–40°C selama 15–30 menit, istirahat cukup, dan senam hamil. Persalinan berlangsung spontan pervaginam pada usia kehamilan 37 minggu 4 hari tanpa komplikasi. Bayi lahir laki-laki dengan berat badan 2300 gram dan panjang badan 49 cm. Masa nifas berlangsung normal, produksi ASI lancar, hasil EPDS normal, serta berat badan bayi meningkat menjadi 2600 gram pada usia 23 hari. Kesimpulan asuhan kebidanan berkesinambungan pada Ny. A menunjukkan bahwa kehamilan, persalinan, nifas, dan neonatus berlangsung fisiologis tanpa komplikasi, serta kondisi ibu dan bayi tetap baik selama masa pemantauan.

Kata Kunci: Asuhan kebidanan, *Continuity of Midwifery Care*, Kehamilan, Persalinan, Nifas, Neonatus

Referensi : 50 Referensi (2016-2025)

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

**FINAL REPORT, 2026
SANTA MONICA CHRISTINA**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. A AT TPMB NILA
TRISNAWATI PEKANBARU 2026**

xiii+ 141 Pages, 6 Tables, 10 Attachments

ABSTRACT

Continuous midwifery care is an effort to improve maternal and neonatal health through monitoring from pregnancy, childbirth, postpartum, to the neonatal period. This final project aimed to provide comprehensive midwifery care for Mrs. A G1P0A0H0 using the Continuity of Midwifery Care (CoMC) approach at TPMB Nila Trisnawati, Pekanbaru City, in 2025–2026. The method used was a case study with SOAP documentation through history taking, observation, physical examination, supporting examinations, and the use of the Poedji Rochjati Score Card (KSPR), partograph, Maternal and Child Health (MCH) Handbook, and the Edinburgh Postnatal Depression Scale (EPDS). Care was provided through four antenatal visits, childbirth assistance, four postpartum visits, and three neonatal visits. The results showed that the pregnancy progressed physiologically with a KSPR score of 2, categorized as Low-Risk Pregnancy. Third-trimester discomforts, including low back pain and lower abdominal pain, were managed through warm compresses at a temperature of 37–40°C for 15–30 minutes, adequate rest, and pregnancy exercises. Labor occurred spontaneously via vaginal delivery at 37 weeks and 4 days of gestation without complications. A male infant was born weighing 2,300 grams with a body length of 49 cm. The postpartum period was normal, breast milk production was adequate, the EPDS result was normal, and the infant's weight increased to 2,600 grams at 23 days of age. The conclusion showed that pregnancy, childbirth, postpartum, and neonatal periods progressed physiologically without complications, and both mother and baby remained in good condition throughout the monitoring period.

Keywords: Midwifery Care, Continuity of Midwifery Care, Pregnancy, Childbirth, Postpartum, Neonate

References: 50 References (2016–2025)