

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

**LAPORAN TUGAS AKHIR, JUNI 2026
ARTILA SRI PALPI**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. M DI PMB
ZURRAHMI KOTA PEKANBARU**

xii + 143 halaman, 4 tabel, 9 lampiran

ABSTRAK

Asuhan kebidanan komprehensif merupakan pelayanan yang diberikan secara berkesinambungan mulai dari masa kehamilan, persalinan, nifas, hingga neonatus untuk meningkatkan kesehatan ibu dan bayi serta mendeteksi dini komplikasi. Studi kasus ini bertujuan memberikan asuhan kebidanan komprehensif pada Ny. M di PMB Hj. Zurrahmi, SST., SKM Kota Pekanbaru dengan pendekatan *Continuity of Midwifery Care* (CoMC) dan pendokumentasian SOAP. Asuhan kehamilan dilakukan sebanyak 4 kali kunjungan pada trimester III meliputi pemeriksaan kondisi ibu dan janin, pemantauan kesejahteraan janin, deteksi dini komplikasi, pendidikan kesehatan, serta penatalaksanaan nyeri punggung bawah melalui edukasi, senam hamil, dan teknik relaksasi. Asuhan persalinan dilakukan dengan penerapan Asuhan Persalinan Normal (APN), pemantauan kemajuan persalinan menggunakan partograf, pemberian asuhan sayang ibu dan bayi, serta Inisiasi Menyusu Dini (IMD). Persalinan berlangsung spontan pada usia kehamilan 38–39 minggu dan lahir bayi laki-laki dengan berat badan 3500 gram serta panjang badan 52 cm. Asuhan nifas dilakukan sebanyak 4 kali kunjungan meliputi pemantauan involusi uterus, psikologis ibu, senam nifas, serta pendidikan kesehatan masa nifas. Asuhan neonatus dilakukan sebanyak 3 kali kunjungan meliputi pemeriksaan fisik, pemantauan pertumbuhan dan perkembangan, perawatan tali pusat, pemberian ASI eksklusif, pijat bayi, serta deteksi dini tanda bahaya neonatus. Ibu memilih KB suntik 3 bulan. Hasil asuhan menunjukkan kondisi ibu dan bayi dalam keadaan baik tanpa komplikasi selama masa kehamilan, persalinan, nifas, dan neonatus. Bayi mengalami peningkatan berat badan sebanyak 600 gram pada usia 25 hari. Diharapkan tenaga kesehatan khususnya bidan untuk mempertahankan mutu pelayanan asuhan kebidanan pada ibu hamil, bersalin, nifas dan neonatus secara berkesinambungan sesuai standar pelayanan minimal kebidanan.

Kata Kunci: *Asuhan Kebidanan Komprehensif, Continuity of Midwifery Care (CoMC), Kehamilan, Persalinan, Nifas, Neonatus.*

Referensi : 77 referensi (2010-2025)

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

**FINAL PROJECT REPORT, JUNE 2026
ARTILA SRI PALPI**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. M AT PMB
ZURRAHMI PEKANBARU CITY**

xii + 143 pages, 4 tables, 9 appendices.

ABSTRACT

Comprehensive midwifery care is a continuous service provided from pregnancy, childbirth, postpartum, to the neonatal period to improve maternal and infant health and to enable early detection of complications. This case study aimed to provide comprehensive midwifery care for Mrs. M at PMB Hj. Zurrahmi, SST., SKM, Pekanbaru City using the Continuity of Midwifery Care (CoMC) approach and SOAP documentation. Antenatal care was conducted through four visits during the third trimester, including examinations of maternal and fetal conditions, early detection of complications, health education, and management of lower back pain through education, pregnancy exercises, and relaxation techniques. Intrapartum care was provided through the implementation of Normal Childbirth Care (APN), monitoring labor progress using a partograph, and providing mother- and baby-centered care. Labor occurred spontaneously at 38–39 weeks of gestation, resulting in the birth of a male infant weighing 3,500 grams and measuring 52 cm in length, followed by the implementation of Early Initiation of Breastfeeding (EIBF). Postpartum care was conducted through four visits, including monitoring uterine involution, maternal psychological condition, postpartum exercises, and postpartum health education. Neonatal care was carried out through three visits, including physical examination, monitoring growth and development, umbilical cord care, exclusive breastfeeding, infant massage, and early detection of neonatal danger signs. At the end of the postpartum period, family planning services were provided, and the mother chose the 3-month injectable contraceptive method. The results showed that both the mother and baby remained in good condition without complications throughout pregnancy, childbirth, postpartum, and the neonatal period. The infant gained 600 grams of body weight by the age of 25 days. It is expected that healthcare providers, especially midwives, will maintain the quality of comprehensive midwifery care in accordance with midwifery service standards.

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

references : 77 references (2010-2025)