

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

**LAPORAN TUGAS AKHIR, JUNI 2026
ANISAH LUTFIYYAH**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. R DI PMB DINCE
SAFRINA PEKANBARU TAHUN 2026**

Xii, ±136 Halaman, 2 Tabel, 10 Lampiran

ABSTRAK

Angka Kematian Ibu (AKI) dan Angka Kematian Bayi (AKB) masih menjadi masalah kesehatan yang memerlukan penanganan komprehensif dan berkesinambungan melalui pendekatan *Continuity of Midwifery Care* (COMC), yaitu asuhan kebidanan sejak kehamilan, persalinan, nifas, bayi baru lahir, hingga keluarga berencana. Studi kasus ini bertujuan memberikan asuhan kebidanan komprehensif pada Ny. R G1P0A0H0 di PMB Dince Safrina Kota Pekanbaru, sejak usia kehamilan 34 minggu hingga masa nifas pada Desember 2025–Januari 2026, meliputi 4 kali kunjungan ANC, 1 kali persalinan, 4 kali kunjungan nifas (KF), dan 3 kali kunjungan neonatus (KN). Pada masa kehamilan, ibu mengalami nyeri pinggang dan sering BAK, yang teratasi melalui edukasi *personal hygiene*, kompres hangat, dan senam hamil. Persalinan berlangsung spontan sesuai standar Asuhan Persalinan Normal (APN), dibantu *birth ball* dan teknik relaksasi napas; bayi laki-laki lahir spontan dengan berat 2.500 gram, panjang 50 cm, menangis kuat, tonus otot baik. Pada masa nifas, asuhan diberikan berupa perawatan luka perineum, senam nifas, pijat oksitosin, dan edukasi teknik menyusui sehingga involusi uterus dan produksi ASI berjalan normal. Asuhan bayi baru lahir meliputi Inisiasi Menyusu Dini (IMD), perawatan tali pusat, ASI eksklusif, dan pijat bayi, dengan kenaikan berat badan bayi 450 gram menjadi 2.950 gram pada usia 13 hari. Pada kunjungan nifas akhir, ibu mendapat konseling keluarga berencana dan memilih kontrasepsi suntik 3 bulan. Seluruh rangkaian asuhan berlangsung tanpa komplikasi. Bidan disarankan mempertahankan dan meningkatkan mutu pelayanan kebidanan komprehensif dan berkesinambungan mulai dari kehamilan, persalinan, nifas, bayi baru lahir, hingga keluarga berencana, disertai pendokumentasian lengkap dengan metode SOAP.

Kata kunci : Asuhan Kebidanan Komprehensif, Kehamilan, Bersalin, Nifas Neonatus, Komprehensif

Referensi : 45 (2016-2025)

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

**FINAL PROJECT REPORT, JUNE 2026
ANISAH LUTFIYYAH**

**COMPREHENSIVE MIDWIFERY CARE FOR Mrs. R AT PMB DINCE
SAFRINA IN PEKANBARU CITY IN 2026**

Xii, ± 136 Pages, 8 Tables, 10 Appendices

ABTRACT

Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR) remain significant health problems requiring comprehensive, continuous management through a Continuity of Midwifery Care (COMC) approach, namely midwifery care provided from pregnancy, labor, postpartum, and the newborn period through to family planning. This case study aimed to provide comprehensive midwifery care to Mrs. R (G1P0A0H0) at Dince Safrina Independent Midwifery Practice, Pekanbaru, from a gestational age of 34 weeks through the postpartum period, December 2025–January 2026, comprising four antenatal visits, one labor session, four postpartum visits, and three neonatal visits. During pregnancy, the mother experienced lower back pain and frequent urination, resolved through personal hygiene education, warm compresses, and prenatal exercise. Labor proceeded spontaneously per Normal Delivery Care (APN) standards, assisted by a birth ball and breathing relaxation techniques; a male infant was delivered spontaneously, weighing 2,500 grams, 50 cm in length, with a strong cry and good muscle tone. Postpartum care included perineal wound care, postpartum exercise, oxytocin massage, and breastfeeding technique education, yielding normal uterine involution and adequate milk production. Newborn care included Early Initiation of Breastfeeding, umbilical cord care, exclusive breastfeeding, and infant massage, with weight increasing by 450 grams to 2,950 grams at 13 days of age. At the final visit, the mother received family planning counseling and chose a 3-month injectable contraceptive. The entire course of care proceeded without complications. Midwives are encouraged to maintain and improve comprehensive, continuous midwifery care from pregnancy, labor, and postpartum through newborn care and family planning, with complete SOAP documentation.

Keyword : Comprehensive Midwifery Care, Pregnancy, Childbirth, Postpartum, Neonate

Reference : 45 Reference (2016-2025)