

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

**LAPORAN TUGAS AKHIR, MEI 2026
ADINDA KHAIRUNNISA**

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

± xii + 124 Halaman + 5 Tabel + 11 Lampiran

ABSTRAK

Keberhasilan program kesehatan ibu dapat dinilai melalui indikator utama yaitu Angka Kematian Ibu (AKI). Salah satu upaya untuk mendukung percepatan penurunan AKI adalah melalui penerapan asuhan kebidanan berkesinambungan atau *Continuity of Midwifery Care (CoMC)*. Studi kasus ini bertujuan memberikan asuhan kebidanan komprehensif pada Ny. F G2P1A0H1 mulai dari masa kehamilan, persalinan, nifas, neonatus, hingga keluarga berencana di TPMB Nila Trisnawati Kota Pekanbaru. Asuhan dilakukan pada Januari–April 2026 dimulai usia kehamilan 32–33 minggu melalui 3 kali kunjungan antenatal care (ANC), 1 kali intranatal care (INC), 4 kali kunjungan nifas (KF), 3 kali kunjungan neonatus (KN), serta pelayanan KB. Pada masa kehamilan ditemukan keluhan fisiologis berupa nyeri pinggang dan kontraksi palsu (*Braxton Hicks*) yang berhasil diatasi melalui edukasi postur tubuh, istirahat miring, dan senam hamil. Skor KSPR ibu adalah 2 dengan kategori Kehamilan Risiko Rendah (KRR). Persalinan berlangsung normal dan fisiologis dengan kala I ±6 jam, kala II 25 menit, kala III 10 menit, dan kala IV dipantau selama 2 jam. IMD berhasil dilakukan pada menit ke-45. Bayi lahir spontan, laki-laki, berat badan 2.700 gram, panjang badan 48 cm, menangis kuat, dan tidak ditemukan robekan jalan lahir. Pada masa nifas dilakukan pemantauan involusi uterus, pendidikan kesehatan, perawatan payudara, dan pijat oksitosin sehingga ibu berhasil memberikan ASI eksklusif. Skrining EPDS menunjukkan skor (normal). Pada masa neonatus dilakukan perawatan tali pusat, edukasi ASI eksklusif, pijat bayi, serta pemantauan pertumbuhan dengan kenaikan berat badan menjadi 3.400 gram pada usia 23 hari. Diharapkan bidan dapat terus meningkatkan mutu pelayanan kebidanan komprehensif sesuai standar.

Kata Kunci: *Asuhan Kebidanan Komprehensif, kehamilan, persalinan, nifas, neonatus.*

Referensi : 55 Referensi (2016-2025)

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

**FINAL PROJECT REPORT, MEY 2026
ADINDA KHAIRUNNISA**

**COMPREHENSIVE MIDWIFERY CARE IN MRS. F AT TPMB NILA
TRISNAWATI PEKANBARU CITY**

± xii + 124 Page + 5 Table + 11 Attachment

ABSTRACT

The success of maternal health programs can be measured through the main indicator, namely the Maternal Mortality Rate (MMR). One of the efforts to accelerate the reduction of MMR is through the implementation of continuous midwifery care or Continuity of Midwifery Care (CoMC). This case study aimed to provide comprehensive and continuous midwifery care for Mrs. F G2P1A0H1 covering pregnancy, childbirth, postpartum, neonatal care, and family planning at TPMB Nila Trisnawati, Pekanbaru City. The care was carried out from January to April 2026 starting at 32–33 weeks of gestation through three antenatal care (ANC) visits, one intranatal care (INC) visit, four postpartum visits (KF), three neonatal visits (KN), and family planning services. During pregnancy, physiological complaints including lower back pain and false contractions (Braxton Hicks) were identified and successfully managed through posture education, side-lying rest, and pregnancy exercise. The mother's KSPR score was 2, categorized as Low-Risk Pregnancy (KRR). Labor occurred normally and physiologically with the first stage lasting ±6 hours, the second stage 25 minutes, the third stage 10 minutes, and the fourth stage monitored for 2 hours. Early Initiation of Breastfeeding (IMD) was successfully performed at the 45th minute after birth. A baby boy was delivered spontaneously with a birth weight of 2,700 grams and body length of 48 cm, cried strongly, and no perineal laceration was found. During the postpartum period, uterine involution monitoring, health education, breast care, and oxytocin massage were provided, enabling successful exclusive breastfeeding. EPDS screening showed a score of 3 (normal). Neonatal care included umbilical cord care, exclusive breastfeeding education, infant massage, and growth monitoring, with body weight increasing to 3,400 grams at 23 days of age. Midwives are expected to continue improving the quality of comprehensive midwifery services according to standards.

Keywords: *Comprehensive Midwifery Care, pregnancy, childbirth, postpartum, neonate.*

References: 55 Referensi (2016-2025)