

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

**LAPORAN TUGAS AKHIR, MEI 2026
LUISA VIRGO RETA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY.M DI TPMB ROSITA
PEKANBARU**

xiii + 118 Halaman, 6 Tabel, 2 Gambar, 10 Lampiran

ABSTRAK

Asuhan Kebidanan Komprehensif merupakan asuhan yang diberikan secara menyeluruh dimulai dari hamil, bersalin, nifas, dan neonatus penting bagi keberlangsungan hidup ibu dan bayi. Laporan Tugas Akhir ini bertujuan untuk memberikan dan menerapkan asuhan kebidanan pada Ny.M, G6P5A0H5, usia kehamilan 33 minggu di PMB Rosita Kota Pekanbaru pada bulan November 2025 sampai Januari 2026. Asuhan yang diberikan berupa kunjungan sebanyak 4 kali selama kehamilan trimester III, bersalin, nifas 4 kali dan neonatus 3 kali. Pada usia kehamilan 39 minggu ibu mengeluh nyeri pinggang yang dapat diatasi dengan mengajarkan ibu senam hamil. Persalinan dilakukan sesuai dengan standar Asuhan Persalinan Normal (APN). Pada kala I dilakukan massage punggung untuk mengurangi rasa nyeri persalinan. Bayi lahir spontan, menangis kuat, tonus otot baik, pergerakan aktif, dengan BB 3400 gram, PB 49 cm, pendarahan 150 cc dan jenis kelamin perempuan. Pada awal nifas ibu mengeluh ASI nya sedikit yang dapat diatasi dengan mengajarkan pijat oksitosin. Asuhan lain yang dilakukan yaitu konseling KB. Ibu menjadi akseptor kontrasepsi mantap (tubektomi) berdasarkan indikasi jumlah anak yang sudah lebih dari cukup dan atas pertimbangan kesehatan serta kesejahteraan keluarga. Pada masa neonatus dilakukan perawatan tali pusat, edukasi ASI eksklusif dan pijat bayi. Tali pusat puput pada hari ke 7 dan terjadi peningkatan berat badan bayi sebanyak 600 gram pada hari ke 23. Diharapkan agar bidan dapat mempertahankan pemberian layanan kebidanan secara komprehensif dan berkesinambungan.

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

Referensi: 40 Referensi (2015-2023)

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

**FINAL PROJECT REPORT, MEI 2026
LUISA VIRGO RETA**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. M AT TPMB ROSITA
PEKANBARU**

xiii + 118 Pages, 6 Tables, 2 Figures, 10 Appendices

ABSTRACT

Comprehensive Midwifery Care is holistic care provided from pregnancy, childbirth, postpartum, and neonates which is important for the survival of the mother and baby. This final report aims to provide and implement midwifery care for Mrs. M, G6P5A0H5, at 33 weeks of gestation in PMB Rosita Pekanbaru from November 2025 to January 2026. The care provided includes 3 visits during the third trimester, 4 during postpartum, and 3 for neonates. At 39 weeks of gestation, the mother complained of lower abdominal pain which was addressed by teaching her pregnancy exercises. Delivery was performed according to the standards of Normal Delivery Care (APN). During the first stage, back massage was conducted to alleviate labor pain. The baby was born spontaneously, cried loudly, had good muscle tone, active movement, weighing 3400 grams, measuring 49 cm in length, and was female. At the beginning of the postpartum period, the mother complained that her breast milk was scant, which could be addressed by teaching oxytocin massage. Other care provided included family planning counseling. The mother becomes an acceptor contraceptive method (tubectomy) based on the indication that she had more than enough children and on considerations of the health and well-being of the family. During the neonatal period, care for the umbilical cord was performed, along with education on exclusive breastfeeding and baby massage. The umbilical cord fell off on the 7th day and the baby's weight increased by 600 grams by the 23rd day. It is hoped that midwives can maintain comprehensive and continuous maternal healthcare services.

Keywords: Comprehensive Midwifery Care, Pregnancy, Childbirth, Puerpe-rium and Neonate

References: 40 References (2015-2023)