

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

LAPORAN TUGAS AKHIR, JUNI 2026

DEA NAJLA PRATIWI

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. I DI TPMB
SILVI AYU KOTA PEKANBARU TAHUN 2026**

xii, 155 halaman, 4 tabel, 2 gambar, 10 lampiran.

ABSTRAK

Salah satu upaya meningkatkan kesehatan ibu dan bayi adalah melalui optimalisasi peran bidan dalam memberikan asuhan kebidanan berkesinambungan (*Continuity of Midwifery Care/CoMC*). Studi kasus ini bertujuan memberikan asuhan kebidanan komprehensif pada Ny. I G2P1A0H1 di TPMB Silvi Ayu Kota Pekanbaru dan kunjungan rumah, mulai dari kehamilan, persalinan, nifas, hingga neonatus. Asuhan dilaksanakan pada November 2025 sampai Maret 2026, kontak pertama usia kehamilan 30 minggu. Asuhan meliputi 5 kali kunjungan kehamilan, pertolongan persalinan, 4 kali kunjungan nifas, dan 3 kali kunjungan neonatus. Selama kehamilan ditemukan keluhan nyeri pinggang dan perut terasa tegang. Asuhan yang diberikan berupa senam hamil dan anjuran istirahat yang cukup, setelah dilakukan keluhan ibu berkurang. Persalinan pada usia kehamilan 39 minggu berlangsung normal dan ditolong sesuai dengan standar APN. Pada kala I diberikan *Deep Back Massage* dan *Birth Ball* yang dapat membantu mengurangi nyeri persalinan. Bayi lahir spontan, berat badan 3.200gram, panjang badan 48cm, plasenta lahir lengkap, dilakukan IMD berhasil selama 30 menit, terdapat laserasi perineum derajat II telah dilakukan penjahitan. Masa nifas berlangsung normal dengan asuhan perawatan luka perineum, teknik menyusui, senam nifas, dukungan ASI. Ny. I memilih menggunakan kontrasepsi suntik 3 bulan. Asuhan neonatus meliputi perawatan tali pusat, edukasi imunisasi, menjaga kehangatan, dan pijat bayi. Pada usia 7 hari berat badan bayi sebesar 3.050gram, mengalami penurunan kemudian meningkat menjadi 3.300gram pada usia 24 hari dengan kenaikan sebesar 250gram. Bidan diharapkan dapat mempertahankan asuhan kebidanan komprehensif dan berkesinambungan sesuai dengan kebutuhan pasien serta asuhan berdasarkan evidence based.

Kata Kunci : *Asuhan, kehamilan, persalinan, nifas, neonatus, CoMC*

Referensi : 65 Referensi (2016-2026)

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PROGRAM STUDI D III KEBIDANAN**

FINAL PROJECT REPORT, JUNE 2026

DEA NAJLA PRATIWI

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. I IN MIDWIFE
INDEPENDENT PRACTICE PLACE SILVI AYU PEKANBARU CITY**

xii, 155 pages, 4 tables, 2 image 10 attachments

ABSTRACT

One of the efforts to improve maternal and infant health is to optimize the role of midwives in providing continuous midwifery care (*Continuity of Midwifery Care/CoMC*). This case study aimed to provide comprehensive midwifery care to Mrs. I, G2P1A0H1, at Silvi Ayu Midwifery Independent Practice, Pekanbaru City, and through home visits, covering pregnancy, childbirth, the postpartum period, and neonatal care. The care was provided from November 2025 to March 2026, with the first contact at 30 weeks of gestation. The care included five antenatal visits, childbirth assistance, four postpartum visits, and three neonatal visits. During pregnancy, the mother experienced lower back pain and abdominal tightness. The care provided included pregnancy exercises and advice to obtain adequate rest, after which the complaints decreased. Labor at 39 weeks of gestation proceeded normally and was assisted according to standard normal childbirth care (APN). During the first stage of labor, *Deep Back Massage* and *Birth Ball* were provided to help reduce labor pain. The baby was born spontaneously with a birth weight of 3,200 grams and a body length of 48 cm. The placenta was delivered completely, early initiation of breastfeeding (IMD) was successfully performed for 30 minutes, and a second-degree perineal laceration was sutured. The postpartum period progressed normally with perineal wound care, breastfeeding technique education, postpartum exercises, and breastfeeding support. Mrs. I chose a three-month injectable contraceptive. Neonatal care included umbilical cord care, immunization education, maintaining the baby's warmth, and infant massage. At 7 days of age, the baby's weight was 3,050 grams, representing a physiological weight loss of less than 10% of birth weight, and subsequently increased to 3,300 grams at 24 days of age, with an increase of 250 grams. Midwives are expected to maintain comprehensive and continuous midwifery care according to patients' needs and provide evidence-based care.

Keywords : *Care, pregnancy, childbirth, postpartum, neonates, CoMC*

References : 64 Referensi (2016-2026)