

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

**LAPORAN TUGAS AKHIR, JUNI 2026
FITA OKTAVIA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. D DI TPMB
ROSITA KOTA PEKANBARU TAHUN 2026**

xiii + 120 Halaman, 2 Tabel, 10 Lampiran

ABSTRAK

Asuhan kebidanan komprehensif dan berkelanjutan atau sering disebut dengan Continuity of Midwifery Care (COMC) merupakan asuhan yang diberikan secara menyeluruh dimulai dari hamil, bersalin, nifas dan neonatus. Tujuan dari asuhan ini adalah untuk pencegahan dan penanganan komplikasi dalam kehamilan, persalinan, nifas, dan neonatus. Studi kasus ini dilakukan pada Ny. D G4P3A0H3 dimulai pada usia kehamilan 30 minggu di PMB Rosita pada bulan November 2025 sampai Maret 2026. Asuhan yang diberikan berupa kunjungan hamil 4 kali, bersalin 1 kali, nifas 4 kali dan neonatus 3 kali. Selama kehamilan ditemukan masalah ketidaknyamanan fisiologis trimester 3 berupa nyeri pinggang yang diatasi dengan kompres hangat dan senam hamil sehingga keluhan teratasi. Persalinan berlangsung normal pada usia kehamilan 39 minggu. Pertolongan persalinan dilakukan sesuai dengan standar Asuhan Persalinan Normal (APN), pada kala 1 diberikan intervensi nonfarmakologis berupa deep back massage dan relaksasi nafas dalam. Setelah bayi lahir ditemukan laserasi perineum derajat I. Bayi lahir spontan, langsung menangis, pergerakan aktif, jenis kelamin perempuan dengan berat badan 3.200 gram dan panjang badan 49 cm. Masa nifas ibu berlangsung fisiologis dengan involusi uterus normal, luka laserasi sembuh dengan baik, ibu diberikan asuhan tentang teknik menyusui, perawatan payudara, konseling KB dan ibu memutuskan menggunakan kontrasepsi KB IUD. Pada masa neonatus tidak ditemukan komplikasi, asuhan neonatus yang diberikan imunisasi HB-0, Vit K, salep mata, dan pijat bayi. Bayi memperoleh ASI eksklusif dan terdapat penambahan berat badan bayi 500 gram sampai hari ke 15. Asuhan kebidanan komprehensif melalui pendekatan Continuity of Midwifery Care dapat mendukung kesehatan ibu dan bayi secara optimal serta meningkatkan kualitas pelayanan kebidanan berkelanjutan.

Kata Kunci : *Asuhan Kebidanan Komprehensif, Kehamilan, Persalinan, Nifas, Neonatus*

Referensi : 61 Referensi (2016-2026)

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

**FINAL PROJECT REPORT, 2026
FITA OKTAVIA**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. D AT ROSITA
INDEPENDENT MIDWIFERY PRACTICE, PEKANBARU CITY IN 2026**

xiii + 120 Pages, 2 Tables, 10 Appendices

ABSTRACT

Comprehensive and continuous midwifery care, commonly known as Continuity of Midwifery Care (COMC), is care provided holistically throughout pregnancy, childbirth, postpartum, and neonatal periods. The purpose of this care is to prevent and manage complications during pregnancy, childbirth, postpartum, and the neonatal period. This case study was conducted on Mrs. D, G4P3A0H3, starting at 30 weeks of gestation at Rosita Midwifery Clinic (PMB Rosita) from November 2025 to March 2026. Labor occurred normally at 39 weeks of gestation. Childbirth assistance was provided according to the standards of Normal Delivery Care (Asuhan Persalinan Normal/APN), and non-pharmacological interventions such as deep back massage and deep breathing relaxation techniques were applied during labor. Delivery occurred at 39 weeks of gestation with a first-degree perineal laceration. The baby was born spontaneously, cried immediately after birth, was active, female, weighed 3,200 grams, and measured 49 cm in length. The postpartum period was physiological, with normal uterine involution and well-healed perineal laceration. The mother received education on breastfeeding techniques, breast care, and family planning counseling, and she chose an intrauterine device (IUD) as her contraceptive method. During the neonatal period, no complications were identified. Neonatal care included umbilical cord care and infant massage. The baby received HB-0 and BCG immunizations, was exclusively breastfed, and experienced a weight gain of 500 grams by day 15 of life. It is expected that this report can serve as a reference for improving the quality of integrated, continuous, and comprehensive maternal, child health, and family planning services.

Keywords : *Comprehensive Midwifery Care, Pregnancy, Childbirth, Postpartum, Neonate*

References : 61 References (2016–2026)