

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

LAPORAN TUGAS AKHIR, JUNI 2025

TIOMA ULI PUTRI HERONIMUS SIMANJUNTAK

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. N DI TPMB MERI
AMELIA KOTA PEKANBARU**

xii + 134 Halaman, 8 Tabel, 3 gambar, 10 Lampiran

ABSTRAK

Kehamilan dan persalinan merupakan proses fisiologis. Pelayanan kesehatan yang berkelanjutan menjadi sangat penting, terutama pada masa kehamilan, persalinan, nifas, dan neonatal. Laporan ini bertujuan untuk menggambarkan pelaksanaan asuhan kebidanan komprehensif menggunakan pendekatan *CoMC*. Asuhan diberikan kepada Ny. N, G5P0A0H4 usia 38 tahun, di TPMB Meri Amelia Kota Pekanbaru sejak November 2025 hingga Januari 2026. Asuhan Kebidanan dilakukan melalui 3x kunjungan kehamilan, pertolongan persalinan, 4x kunjungan nifas, dan 3x kunjungan neonatus. Pada kehamilan trimester ketiga, Ny. N mengalami oedema pada ekstremitas bawah diberikan asuhan rendam kaki di air dingin dan edukasi mengenai nutrisi dan posisi saat tidur. Pertolongan persalinan secara APN dan memberikan asuhan sayang ibu yaitu teknik *deep back massage*. Bayi lahir spontan dengan berat 3.200 gram, panjang badan 50 cm, jenis kelamin perempuan, plasenta lahir lengkap, kontaksi baik, dan perdarahan 150 cc. Pada masa nifas ibu mengalami ASI sedikit dilakukan pijat oksitosin dan ASI mulai lancar pada hari ke-3 dan ibu mengalami *after pain* diberikan edukasi mobilisasi dan hari ke-2 masalah teratasi, serta memberikan konseling KB dan ibu akseptor KB implant. Asuhan neonatus dilakukan IMD dan berhasil setelah 1 jam, perawatan tali pusat dan tali pusat puput pada hari ke-6, edukasi ASI Eksklusif dan ASI lancar, dan pijat bayi serta terjadi peningkatan berat badan bayi hingga hari ke-10 sebesar 600 gram. Disarankan agar asuhan kebidanan komprehensif kehamilan, persalinan, nifas, dan neonatus terus dikembangkan dan diterapkan secara luas oleh tenaga kesehatan karena terbukti mampu memberikan pemantauan yang optimal terhadap ibu dan bayi.

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

Daftar Bacaan: 37 (2015-2025)

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

**FINAL PROJECT REPORT, JUNE 2025
TIOMA ULI PUTRI HERONIMUS SIMANJUNTAK**

**COMPREHENSIVE MIDWIFERY CARE IN NY. N AT TPMB MERI AMELIA,
PEKANBARU CITY**

xii + 134 Pages, 8 Tables, 3 Images, 10 Attachments

ABSTRACT

Pregnancy and childbirth are physiological processes. Continuity of care is essential, particularly throughout pregnancy, childbirth, the postpartum period, and the neonatal period. This report aims to describe the implementation of comprehensive midwifery care using the Continuity of Midwifery Care (CoMC) approach. Care was provided to Mrs. N, G5P0A0H4, aged 38 years, at the Meri Amelia Midwifery Independent Practice (TPMB) in Pekanbaru City from November 2025 to January 2026. Midwifery care consisted of three antenatal visits, intrapartum care, four postpartum visits, and three neonatal visits. During the third trimester of pregnancy, Mrs. N experienced edema of the lower extremities. She was provided with foot soaking in cold water and education regarding nutrition and sleeping positions. The delivery was assisted according to the Normal Childbirth Care (APN) standards, along with respectful maternity care, including the deep back massage technique. The baby was delivered spontaneously with a birth weight of 3,200 grams and a length of 50 cm; the baby was female. The placenta was delivered completely, uterine contractions were good, and blood loss was 150 mL. During the postpartum period, the mother experienced low breast milk production; therefore, oxytocin massage was provided, and milk production became smooth on the third day. The mother also experienced afterpains and was given education regarding mobilization; the problem was resolved on the second day. Family planning counseling was provided, and the mother chose a contraceptive implant. Neonatal care included early initiation of breastfeeding (IMD), which was successfully achieved after one hour, umbilical cord care, with the cord separating on the sixth day, and education on exclusive breastfeeding, with breastfeeding progressing well. Baby massage was also provided, and the baby's weight increased by 600 grams by the tenth day. It is recommended that comprehensive midwifery care throughout pregnancy, childbirth, the postpartum period, and the neonatal period continue to be developed and widely implemented by healthcare professionals, as it enables optimal monitoring of both mothers and infants.

Keywords: Comprehensive Midwifery Care, Pregnancy, Childbirth, Postpartum, Neonates

Reading List: 37 References (2015-2025)