

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

**LAPORAN TUGAS AKHIR, JUNI 2026
TARA LILI SIANA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. N DI TPMB FITRI
YANI KABUPATEN KAMPAR TAHUN 2026**

xiv ± 137 Halaman, 20 Tabel, 11 Lampiran

ABSTRAK

Continuity of Midwifery Care (CoMC) merupakan strategi percepatan penurunan Angka Kematian Ibu (AKI) dan Bayi (AKB) melalui asuhan kebidanan berkesinambungan oleh bidan yang sama sejak kehamilan, persalinan, nifas, bayi baru lahir, hingga keluarga berencana. Studi kasus ini bertujuan memberikan asuhan kebidanan komprehensif pada Ny. N (G3P2A0H2) usia 34 tahun sejak usia kehamilan 31–32 minggu di TPMB Fitri Yani, Kabupaten Kampar. Selama kehamilan ditemukan ketidaknyamanan fisiologis berupa nyeri perut bagian bawah, keputihan, sering berkemih, dan nyeri pinggang menjalar ke kaki yang teratasi melalui intervensi non-farmakologis dan edukasi sesuai kebutuhan dasar ibu hamil trimester III dengan menjaga kebersihan area genetalia, minum air putih yang cukup, memberi kompres hangat dan tidur miring kiri. Persalinan berlangsung spontan pervaginam dengan presentasi muka yang baru terdeteksi saat crowning, kala II memanjang (1 jam 25 menit), dan laserasi perineum derajat III. Bayi lahir cukup bulan, menangis kuat, gerak aktif, jenis kelamin laki-laki, berat 3.600 gram, panjang 52 cm. Pada masa nifas ditemukan afterpain, ASI belum lancar, dan puting lecet yang teratasi melalui pijat oksitosin dan koreksi teknik menyusui, skor EPDS 3 menunjukkan ibu tidak berisiko depresi postpartum, dan ibu memilih kontrasepsi IUD. Asuhan neonatus dilakukan sesuai standar KN1, KN2, dan KN3, meliputi perawatan tali pusat, pemantauan pertumbuhan, edukasi ASI eksklusif, dan pijat bayi, pada usia 39 hari berat badan bayi meningkat menjadi 4.800 gram. Tenaga kesehatan diharapkan meningkatkan standar pelayanan sesuai kewenangan bidan guna mempertahankan kualitas asuhan KIA-KB yang komprehensif dan menyeluruh.

Kata Kunci : Asuhan Kebidanan Komprehensif, hamil, bersalin, nifas, neonatus

Referensi : 93 Referensi (2014–2025)

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

**FINAL PROJECT REPORT, JUNE 2026
TARA LILI SIANA**

**COMPREHENSIVE MIDWIFERY CARE FOR NY. N AT TPMB FITRI
YANI KAMPAR CITY IN 2026**

xiv ± 137 Pages, 20 Tables, 11 Attachments

ABSTRACT

Continuity of Midwifery Care (CoMC) is a strategy to accelerate reduction of Maternal and Infant Mortality Rates through continuous care by the same midwife from pregnancy through childbirth, postpartum, newborn care, and family planning. This case study aimed to provide comprehensive midwifery care to Mrs. N (G3P2A0H2), aged 34, at 31-32 weeks gestation at TPMB Fitri Yani, Kampar Regency. During pregnancy, physiological discomforts including lower abdominal pain, vaginal discharge, frequent urination, and lower back pain radiating to the legs were resolved through non-pharmacological interventions and health education tailored to the basic needs of third-trimester pregnancy by maintaining genital hygiene, drinking sufficient water, applying warm compresses and sleeping on the left side. Labor proceeded as spontaneous vaginal delivery with face presentation only detected at crowning, a prolonged second stage (1 hr 25 min), and third-degree perineal laceration. The baby was born at term, cried vigorously, active, male, weighing 3,600 grams and measuring 52 cm. Postpartum, afterpains, insufficient breast milk, and sore nipples were resolved via oxytocin massage and breastfeeding-technique correction, an EPDS score of 3 indicated no risk of postpartum depression, and the mother chose an IUD. Neonatal care followed KN1-KN3 standards, including cord care, growth monitoring, exclusive breastfeeding education, and infant massage, by day 39, infant weight had increased to 4,800 grams. Health workers should improve service standards within their authority to maintain comprehensive maternal and child health-family planning care.

Keywords : Comprehensive Midwifery Care, pregnancy, childbirth, postpartum, newborn.

References : 93 references (2014–202