

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

**LAPORAN TUGAS AKHIR, JUNI 2026
AYU DESI ERNITA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. I DI TPMB
ZURRAHMI KOTA PEKANBARU**

xiii + 141 Halaman + 5 Tabel + 5 Gambar + 10 Lampiran

ABSTRAK

Asuhan kebidanan komprehensif merupakan pelayanan kebidanan yang diberikan secara berkesinambungan mulai masa kehamilan, persalinan, nifas, neonatus, hingga keluarga berencana untuk meningkatkan derajat kesehatan serta mendeteksi komplikasi. Tujuan laporan tugas akhir ini adalah melaksanakan asuhan kebidanan komprehensif pada Ny. I G2P1A0H1 di TPMB Zurrahmi Kota Pekanbaru. Laporan ini menggunakan metode studi kasus dengan pendekatan manajemen kebidanan dan pendokumentasian SOAP. Asuhan dilaksanakan pada November 2025–Januari 2026, meliputi 4 kali kunjungan antenatal, pertolongan persalinan sesuai standar APN, 4 kali kunjungan nifas, 3 kali kunjungan neonatus, serta konseling keluarga berencana. Selama kehamilan, ibu mengalami nyeri pinggang yang dapat diatasi melalui edukasi pengaturan posisi tubuh serta senam hamil. Persalinan berlangsung pada usia kehamilan 39 minggu dilakukan asuhan sesuai dengan standar Asuhan Persalinan Normal (APN) dengan laserasi derajat 2. Bayi lahir spontan, jenis kelamin perempuan dengan berat badan 3.600 gram dan panjang badan 48 cm. Pada masa nifas, diberikan asuhan masa nifas yaitu pijat oksitosin dan pemberian edukasi teknik menyusui yang benar. Involusi berjalan dengan normal, ASI lancar serta tidak ada masalah/komplikasi. Ibu diberikan konseling keluarga berencana dan memilih kontrasepsi suntik 3 bulan, serta pemantauan psikologis menggunakan *Edinburgh Postnatal Depression Scale* (EPDS) menunjukkan hasil normal. Asuhan neonatus meliputi edukasi pencegahan kehilangan panas, perawatan tali pusat, dukungan ASI eksklusif, dan pijat bayi. Tali pusat puput dihari ke-5 dan berat badan bayi meningkat 600 gram pada usia 20 hari. Diharapkan bagi bidan dapat mempertahankan pelayanan komprehensif dan berkesinambungan sesuai standar pelayanan kebidanan sejak masa kehamilan, persalinan, nifas, bayi baru lahir dan keluarga berencana.

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

Referensi : 61 Referensi (2015-2025)

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

**FINAL PROJECT REPORT, JUNE 2026
AYU DESI ERNITA**

**COMPREHENSIVE MIDWIFERY CARE IN NY. I AT TPMB ZURRAHMI
PEKANBARU CITY**

xiii + 141 Pages + 5 Tables + 5 Images + 10 Attachments

ABSTRACT

Comprehensive midwifery care is continuous care provided throughout pregnancy, childbirth, the postpartum period, neonatal care, and family planning to improve maternal and neonatal health and facilitate early detection of complications. This final project aimed to provide comprehensive midwifery care for Mrs. I, G2P1A0H1, at TPMB Zurrahmi, Pekanbaru City. This report employed a case study using a midwifery management approach with SOAP documentation. The care was provided from November 2025 to January 2026 and included four antenatal care visits, delivery assistance according to the Normal Delivery Care (APN) standard, four postpartum visits, three neonatal visits, and family planning counseling. During pregnancy, the mother experienced low back pain, which was managed through education on proper body positioning and pregnancy exercises. Delivery occurred at 39 weeks of gestation; care was provided in accordance with Normal Childbirth Care standards, involving a second-degree laceration.. A female infant was born spontaneously, weighing 3,600 grams and measuring 48 cm in length. Postpartum care provided during the puerperium included oxytocin massage and education on correct breastfeeding techniques. Involution proceeded normally, breast milk flow was adequate, and there were no issues or complications. The mother chose the three-month injectable contraceptive after receiving family planning counseling. The EPDS assessment showed normal results. Neonatal care included education on heat loss prevention, umbilical cord care, exclusive breastfeeding support, and infant massage. The umbilical cord detached on the fifth day, and the infant's weight increased by 600 grams at 20 days of age. Midwives are expected to continue providing comprehensive and continuous midwifery care in accordance with midwifery practice standards.

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

References: 61 references (2015-2025)