

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

LAPORAN TUGAS AKHIR, JUNI 2026

DWI NAILA

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

xii + 107 Halaman + 7 Tabel + 10 Lampiran

ABSTRAK

Asuhan kebidanan komprehensif merupakan pelayanan yang diberikan secara berkesinambungan mulai dari masa kehamilan, persalinan, nifas, hingga neonatus untuk mendeteksi dini komplikasi dan meningkatkan kesehatan ibu serta bayi. Studi kasus ini bertujuan melaksanakan asuhan kebidanan komprehensif pada Ny. I usia 31 tahun G3P2A0H2 di TPMB Zurrahmi Kota Pekanbaru. Metode yang digunakan adalah studi kasus dengan pendekatan *Continuity of Midwifery Care* (CoMC) menggunakan pendokumentasian SOAP. Asuhan dilakukan sejak usia kehamilan 32 minggu sampai masa neonatus usia 28 hari, meliputi 3 kali kunjungan antenatal, pertolongan persalinan, 4 kali kunjungan nifas, dan 3 kali kunjungan neonatus. Hasil asuhan menunjukkan bahwa Ny. I memiliki skor KSPR 6 (Kehamilan Risiko Tinggi) karena anemia ringan dengan kadar Hb 10,9 g/dL yang meningkat menjadi 11,5 g/dL setelah diberikan edukasi dan tablet Fe. Selama kehamilan, ibu mengalami kenaikan berat badan sebanyak 8 kg dan dilakukan edukasi diet seimbang untuk mendukung pemenuhan kebutuhan gizi serta menjaga kenaikan berat badan sesuai rekomendasi selama kehamilan. Keluhan nyeri ulu hati dan nyeri pinggang dapat teratasi melalui pendidikan kesehatan. Persalinan berlangsung normal dengan bayi perempuan lahir spontan, berat badan 2900 gram dan panjang badan 48 cm. Pada masa nifas ditemukan masalah produksi ASI yang sedikit dan dapat diatasi dengan pijat oksitosin. Kunjungan neonatus menunjukkan pertumbuhan bayi baik dengan kenaikan berat badan menjadi 3900 gram pada usia 28 hari. Dapat disimpulkan bahwa asuhan kebidanan komprehensif yang diberikan sesuai standar pelayanan kebidanan dan mampu mengatasi masalah yang ditemukan sehingga kondisi ibu dan bayi tetap sehat. Disarankan agar asuhan kebidanan komprehensif terus diterapkan secara berkesinambungan sesuai standar pelayanan kebidanan serta ibu mematuhi jadwal kunjungan dan anjuran tenaga kesehatan untuk mempertahankan kesehatan ibu dan bayi.

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

Daftar Referensi : 46 Referensi (2020-2025)

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

**FINAL PROJECT REPORT, JUNE 2026
DWI NAILA**

**COMPREHENSIVE MIDWIFERY CARE FOR NY. I AT TPMB
ZURRAHMI PEKANBARU CITY
xii + 107 Pages + 7 Tables + 10 Appendices**

ABSTRACT

Comprehensive midwifery care is a continuous service provided from pregnancy, childbirth, postpartum, and neonatal periods to detect complications early and improve maternal and neonatal health. This case study aimed to provide comprehensive midwifery care for Mrs. I, a 31-year-old G3P2A0H2 woman, at Zurrahmi Independent Midwifery Practice in Pekanbaru. This study used a case study method with a Continuity of Midwifery Care (CoMC) approach documented using the SOAP format. Care was provided from 32 weeks of gestation until the neonatal period at 28 days of age, including three antenatal visits, delivery care, four postpartum visits, and three neonatal visits. The results showed that Mrs. I had a Poedji Rochjati Score Card (KSPR) score of 6, indicating a high-risk pregnancy due to mild anemia. Her hemoglobin level increased from 10.9 g/dL to 11.5 g/dL after receiving iron supplementation and health education. During pregnancy, the mother gained 8 kg of body weight, and balanced diet education was provided to support nutritional needs and maintain appropriate gestational weight gain. Complaints of heartburn and back pain were successfully managed through health education. Labor proceeded normally, resulting in the spontaneous birth of a female infant weighing 2,900 grams and measuring 48 cm in length. During the postpartum period, low breast milk production was identified and successfully managed through oxytocin massage. Neonatal follow-up demonstrated good growth, with the infant's weight increasing to 3,900 grams at 28 days of age. In conclusion, the comprehensive midwifery care provided was in accordance with midwifery service standards and successfully addressed the identified problems, resulting in favorable maternal and neonatal outcomes. It is recommended that comprehensive midwifery care continue to be implemented in accordance with midwifery service standards and that mothers adhere to scheduled follow-up visits and healthcare recommendations to maintain the health of both mother and baby.

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

Reading list : 46 References (2020-2025)