

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

**LAPORAN TUGAS AKHIR, JANUARI 2026
SALWA MAULIDA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. R DI PMB ERNITA
KOTA PEKANBARU TAHUN 2026**

xii halaman + 146 Halaman, 9 Tabel, 8 Lampiran

ABSTRAK

Salah satu upaya meningkatkan derajat kesehatan ibu dan anak adalah melalui penerapan *Continuity of Midwifery Care* (CoMC), yaitu asuhan kebidanan komprehensif dan berkesinambungan mulai dari kehamilan, persalinan, nifas, hingga neonatus. Asuhan ini diberikan kepada Ny. R usia 30 tahun dengan status obstetri G4P3A0H3 di PMB Ernita Kota Pekanbaru pada periode November 2025– Januari 2026. Asuhan meliputi tiga kali kunjungan kehamilan, pertolongan persalinan, empat kali kunjungan nifas, dan tiga kali kunjungan neonatus. Pada masa kehamilan, ibu mengeluhkan nyeri pinggang serta gatal pada kaki dan perut. Asuhan yang diberikan berupa senam hamil dan pendidikan kesehatan mengenai *personal hygiene*, sehingga keluhan dapat teratasi. Persalinan berlangsung normal sesuai Standar Asuhan Persalinan Normal (APN), disertai teknik relaksasi dan pijat punggung untuk mengurangi nyeri dan membantu kelancaran persalinan. Bayi lahir spontan dengan berat badan 2.900 gram dan panjang badan 49 cm, plasenta lahir lengkap, serta kontraksi uterus baik. Masa nifas berlangsung normal selama 38 hari. Asuhan yang diberikan meliputi pijat oksitosin, perawatan payudara, edukasi ASI eksklusif, skrining *Edinburgh Postnatal Depression Scale* (EPDS), serta konseling keluarga berencana. Ibu memilih menjadi akseptor KB IUD. Pada kunjungan neonatus hari kelima ditemukan ikterus fisiologis yang ditangani dengan edukasi menyusui secara adekuat dan paparan sinar matahari pagi. Pada kunjungan ketiga, ikterus telah menghilang dan berat badan bayi meningkat sesuai usia. Diharapkan bidan dapat terus memberikan asuhan kebidanan sesuai standar untuk meningkatkan kualitas pelayanan kesehatan ibudan bayi.

Kata kunci : Asuhan Komperhensif, Kehamilan, Persalinan Normal,Nifas, Nenonatus

Referrensi : 89 referensi (2015-2025)

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

**FINAL PROJECT REPORT, JANUARY 2026
SALWA MAULIDA**

**COMPREHENSIVE MIDWIFERY CARE TO MRS. R
AT ERNITA IMP PEKANBARU CITY**

xii pages, + 146 pages, 9 Table, 8 Attachments

ABSTRACT

One of the efforts to improve maternal and child health is the implementation of *Continuity of Midwifery Care* (CoMC), a comprehensive and continuous midwifery care model provided from pregnancy, childbirth, postpartum, to the neonatal period. This care was provided to Mrs. R, a 30-year-old woman with an obstetric history of G4P3A0H3, at PMB Ernita, Pekanbaru, from November 2025 to January 2026. The care included three antenatal visits, childbirth assistance, four postpartum visits, and three neonatal visits. During pregnancy, the mother experienced lower back pain and itching on her legs and abdomen. The interventions included pregnancy exercise and health education on personal hygiene, resulting in the resolution of her complaints. Labor was managed according to the *Normal Childbirth Care* (APN) standards, accompanied by relaxation techniques and back massage to reduce pain and facilitate labor. A healthy baby was delivered spontaneously with a birth weight of 2,900 grams and a body length of 49 cm. The placenta was delivered completely, and uterine contractions were adequate. The postpartum period progressed normally over 38 days. The care provided included oxytocin massage, breast care, exclusive breastfeeding education, *Edinburgh Postnatal Depression Scale* (EPDS) screening, and family planning counseling. The mother chose an intrauterine device (IUD) as her contraceptive method. On the fifth neonatal visit day, physiological jaundice was identified and managed through education on adequate breastfeeding and appropriate morning sunlight exposure. By the third neonatal visit, the jaundice had resolved, and the infant's weight had increased appropriately for age. Midwives are expected to continue providing standard-based midwifery care to improve the quality of maternal and neonatal health services.

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

References: 89 references (2015–2025)