

**KEMENTRIAN KESEHATAN REPUBLIK
INDONESIA POLITEKNIK KESEHATAN RIAU
PROGRAM STUDI D-III KEBIDANAN**

**LAPORAN TUGAS AKHIR, JUNI 2026
KEISYA AZZAHRA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. K DI TPMB
ROSITA KOTA PEKANBARU TAHUN 2026**

xi ± 139 Halaman, 8 Tabel, 6 Lampiran

ABSTRAK

Keberhasilan kesehatan ibu dapat dinilai melalui Angka Kematian Ibu (AKI), salah satunya dengan pelayanan kebidanan berkesinambungan (CoMC). CoMC memberikan pelayanan menyeluruh dan berkelanjutan mulai dari kehamilan, persalinan, nifas, neonatus hingga keluarga berencana. Laporan Tugas Akhir ini bertujuan untuk memberikan asuhan kebidanan komprehensif dan berkesinambungan pada Ny. K di PMB Rosita Kota Pekanbaru yang dilaksanakan sejak Januari - April 2026. Pada kontak pertama dengan Ny.K G2P1A0H1 Usia kehamilan 33 minggu. Asuhan diberikan melalui 4x asuhan kehamilan, 1x asuhan persalinan, 3x kunjungan nifas, dan 3x kunjungan neonatus. Pada masa kehamilan 33 minggu ditemukan keluhan kram perut. Asuhan yang diberikan edukasi penyebab ketidaknyamanan kehamilan, kompres hangat pada area nyeri, anjuran istirahat yang cukup, pengaturan posisi yang nyaman, serta latihan relaksasi dan peregangan ringan sehingga keluhan dapat berkurang. Pada masa persalinan, ibu mengalami Ketuban Pecah Dini (KPD) sehingga dilakukan persalinan di RS Syafira. Bayi lahir pada tanggal 11 Maret 2026 pukul 17.30 WIB, berjenis kelamin laki-laki dengan berat badan lahir 3.000 gram dan panjang badan 50 cm. Pada masa nifas ditemukan masalah nyeri luka perineum dengan laserasi 2 derajat. Asuhan yang diberikan berupa edukasi perawatan luka perineum, pemenuhan kebutuhan istirahat, mobilisasi dini, teknik relaksasi, serta konseling keluarga berencana. Ibu memilih menggunakan kontrasepsi pil progestin. Pada masa neonatus diberikan edukasi pemberian ASI eksklusif dan perawatan bayi baru lahir. Hasil evaluasi menunjukkan keadaan ibu dan bayi baik serta terjadi peningkatan berat badan bayi 600 gram. Diharapkan bidan dapat terus mempertahankan pelayanan kebidanan komprehensif dan berkesinambungan guna meningkatkan kualitas pelayanan kesehatan ibu dan anak.

Kata Kunci: *Asuhan Kebidanan Komprehensif, hamil, bersalin, nifas, neonatus*
Referensi : 59 Referensi (2015-2025)

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

**FINAL PROJECT REPORT, JUNE 2026
KEISYA AZZAHRA**

**COMPREHENSIF MIDWIFERY CARE FOR NY. K AT TPMB ROSITA
PEKANBARU CITY ON 2026
xii, ± 139 Pages, 8 Tables, 6 Attachment**

ABSTRACT

The success of maternal health can be assessed through the Maternal Mortality Rate (MMR), one of which is through continuous midwifery services (CoMC). COMC provides comprehensive and continuous services starting from pregnancy, childbirth, postpartum, neonates to family planning. This Final Assignment Report aims to provide comprehensive and continuous midwifery care to Mrs. K at PMB Rosita Pekanbaru City which has been implemented since January April 2026. At the first contact with Mrs. K G2P1A0H1, the gestational age was 33 weeks. Care was provided through 4x pregnancy care, 1x delivery care, 3x postpartum visits, and 3x neonatal visits. At 33 weeks of pregnancy, complaints of abdominal cramps were found. The care provided was education on the causes of pregnancy discomfort, warm compresses on the painful area, recommendations for adequate rest, comfortable positioning, and relaxation exercises and light stretching so that complaints could be reduced. During labor, the mother experienced Premature Rupture of Membranes (PROM) so that delivery was carried out at Syafira Hospital. A baby was born on March 11, 2026, at 5:30 PM WIB, a boy with a birth weight of 3,000 grams and a body length of 50 cm. During the postpartum period, perineal wound pain with a second-degree laceration was found. Care provided included education on perineal wound care, meeting rest needs, early mobilization, relaxation techniques, and family planning counseling. The mother chose to use progestin-only birth control pills. During the neonatal period, education was provided on exclusive breastfeeding and newborn care. Evaluation results showed that the condition of the mother and baby was good and the baby's weight increased by 600 grams. It is hoped that midwives can continue to maintain comprehensive and continuous midwifery services to improve the quality of maternal and child health services.

Keywords: *Comprehensive Midwifery Care, pregnancy, delivery, postpartum, neonate*

References: *59 References (2015-2025)*