

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

LAPORAN TUGAS AKHIR, JUNI 2026 SELLA MONICA

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY.Y DI TPMB
DARLIANA KOTA PEKANBARU**

vii + 166 Halaman + 10 Table + 10 Lampiran

ABSTRAK

Continuity of Midwifery Care (CoMC) merupakan asuhan yang dapat dilakukan untuk menurunkan AKI. CoMC merupakan metode asuhan yang memberikan pelayanan menyeluruh dan berkelanjutan untuk mendeteksi dini komplikasi dan risiko tinggi pada masa kehamilan, persalinan, nifas, neonatus, dan keluarga berencana. Studi kasus ini bertujuan memberikan asuhan kebidanan komprehensif pada Ny. Y usia 27 tahun G2P0A1H0 di PMB Darliana Kota Pekanbaru dan kunjungan rumah pada tanggal 17 November 2025-20 Februari 2026. Asuhan diberikan sejak usia kehamilan 31 minggu hingga akhir masa nifas. Pada masa kehamilan, ibu mengalami nyeri pinggang, sering BAK pada malam hari, dan nyeri perut bagian bawah yang diatasi melalui edukasi teknik effleurage (back massage), pengaturan konsumsi cairan sebelum tidur, serta teknik relaksasi pernapasan. Persalinan berlangsung spontan pada usia kehamilan 38–39 minggu sesuai Asuhan Persalinan Normal (APN). Bayi lahir spontan, berjenis kelamin perempuan, menangis kuat, bergerak aktif, dengan berat badan 3200 gram dan panjang badan 48 cm. Pada kala III ditemukan retensio plasenta sehingga dilakukan penanganan awal dan rujukan sesuai standar. Masa nifas berlangsung baik dengan keluhan nyeri luka jahitan dan produksi ASI belum lancar. Asuhan yang diberikan meliputi perawatan luka perineum, pijat oksitosin, edukasi menyusui, dan konseling KB. Hasil skrining EPDS menunjukkan skor 6 yang menandakan tidak beresiko depresi postpartum. Ibu memilih kontrasepsi suntik 3 bulan. Pada kunjungan neonatus dilakukan perawatan tali pusat, pijat bayi, edukasi ASI eksklusif dan pemantauan pertumbuhan. Berat badan bayi mengalami penurunan fisiologis sebesar 200 gram pada hari ke-5, kemudian meningkat sebesar 500 gram hingga mencapai 3.500 gram pada hari ke-26. Diharapkan tenaga kesehatan khususnya bidan dapat meningkatkan asuhan kebidanan sesuai standar serta meningkatkan kualitas pelayanan kebidanan komprehensif.

Kata Kunci: Asuhan Kebidanan Komprehensif, Retensio Plasenta, Edinburgh Postnatal Depression Scale (EPDS).

Referensi : 76 Referensi (2015-2025)

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
RIAU HEALTH POLYTECHNIC**

STUDY PROGRAM D III MIDWIFERY

FINAL PROJECT REPORT, JUNE 2026 SELLA MONICA

**COMPREHENSIVE MIDWIFERY CARE IN MRS. Y A TPMB DARLIANA
PEKANBARU CITY**

viii + 166 Page + 10 Table + 10 Attachment

ABSTRACT

Continuity of Midwifery Care (CoMC) is a care model that can reduce the Maternal Mortality Rate (MMR). CoMC provides comprehensive, continuous services for early detection of complications and high-risk conditions during pregnancy, childbirth, postpartum, neonatal period, and family planning. This case study aimed to provide midwifery care to Mrs. Y (27 years old, G2P0A1H0) at Darliana Independent Midwifery Practice (PMB) in Pekanbaru City, including home visits from November 17, 2025, to February 20, 2026. Care was provided from the 31st week of gestation through the postpartum period. During pregnancy, the mother experienced lower back pain, frequent nighttime urination, and lower abdominal pain; these were managed through effleurage techniques, fluid intake regulation before sleep, and breathing relaxation techniques. Childbirth occurred spontaneously at 38–39 weeks of gestation following Normal Childbirth Care (APN) standards. A female infant was born spontaneously, cried vigorously, moved actively, weighed 3,200 grams, and measured 48 cm. During the third stage of labor, placental retention was identified, prompting initial management and referral according to standards. The postpartum period proceeded well, with suture site pain and delayed breast milk flow. Care included perineal wound care, oxytocin massage, breastfeeding education, and family planning counseling. EPDS screening showed a score of 6, indicating no risk of postpartum depression. The mother chose a 3-month injectable contraceptive. Neonatal visits included umbilical cord care, infant massage, exclusive breastfeeding education, and growth monitoring. The infant experienced physiological weight loss of 200 grams by day 5, followed by a 500-gram weight gain, reaching 3,500 grams by day 26. It is hoped that healthcare professionals, particularly midwives, will improve the quality of comprehensive midwifery services.

Keywords: Comprehensive Midwifery Care, Retained Placenta, Edinburgh Postnatal Depression Scale (EPDS).

References : 76 References (2015-2025)