

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

**LAPORAN TUGAS AKHIR JUNI 2026
HALIMATUS SA'DIYAH SIREGAR**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY P DI TPMB
YUNIWATI AMELIA KOTA PEKANBARU TAHUN 2026**

xiv + 115 Halaman + 3 Tabel + 1 Gambar + 23 Lampiran

ABSTRAK

Peningkatan derajat kesehatan ibu dan bayi dalam layanan kesehatan primer diwujudkan melalui asuhan kebidanan yang komprehensif dan berkesinambungan oleh bidan. Studi kasus ini bertujuan memberikan asuhan kebidanan secara menyeluruh pada Ny. P (G1P0A0H0) usia 29 tahun dari kehamilan hingga nifas di TPMB Yuniwati Amelia Kota Pekanbaru pada Januari 2026 sampai April 2026 dengan pendekatan *Continuity of Midwifery Care* (CoMC). Pengumpulan data dilakukan melalui anamnesis, pemeriksaan umum, pemeriksaan fisik, dan pemeriksaan penunjang menggunakan instrumen KSPR, penapisan persalinan, partograf, skrining EPDS, buku KIA, dan leaflet, serta di dokumentasikan dengan metode SOAP. Asuhan dilakukan melalui 4 kali kunjungan kehamilan, pendampingan persalinan, 4 kali kunjungan nifas, dan 3 kali kunjungan neonatus. Hasil menunjukkan bahwa selama kehamilan ibu mengalami nyeri pinggang dan ditangani dengan anjuran kompres hangat dan tidak berduduk lama. Pada persalinan diberikan intervensi nonfarmakologis berupa *pelvic tilts*, *hip circles* teknik relaksasi napas dalam. Kala I persalinan berlangsung pada usia kehamilan 37-38 minggu, bayi lahir spontan, aterm, segera menangis, aktif, dengan berat badan 3000 gram dan panjang badan 50 cm terdapat laserasi derajat 2 dan dilakukan heacting. Pada masa nifas, tidak di temukan komplikasi pada ibu dan bayi. Berdasarkan hasil konseling KB, ibu memutuskan menggunakan kontrasepsi suntik 3 bulan. Asuhan neonatus meliputi pemenuhan nutrisi dan deteksi tanda bahaya, dan pada hari ke 23 Berat Badan bayi naik 500gram. Diharapkan laporan ini menjadi referensi dalam upaya peningkatan kualitas pelayanan KIA-KB yang berkesinambungan dan menyeluruh.

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

Referensi : **35 Referensi (2016–2024)**

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

**FINAL PROJECT REPORT, JUNE 2026
HALIMATUS SA'DIYAH SIREGAR**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. P AT TPMB
YUNIWATI AMELIA INDEPENDENT MIDWIFE PRACTICE
PEKANBARU CITY IN 2026**

xiv + 115 Pages + 3 Tables +1 Pictures + 23 Appendices

ABSTRACT

Improving maternal and infant health within primary healthcare settings is achieved through comprehensive and continuous midwifery care. This case study aimed to provide holistic midwifery care to Mrs. P (G1P0A0H0), a 29-year-old woman, from pregnancy through the postpartum period at the Yuniwati Amelia Independent Midwifery Practice (TPMB) in Pekanbaru City between January and April 2026, utilizing the Continuity of Midwifery Care (CoMC) approach. Data collection involved anamnesis, general assessments, physical examinations, and supplementary checks using tools such as the KSPR (High-Risk Pregnancy Screening Card), labor screening, partographs, EPDS screening, the Maternal and Child Health (KIA) handbook, and educational leaflets; all data were documented using the SOAP method. Care delivery comprised four prenatal visits, labor support, four postpartum visits, and three neonatal visits. Results indicated that the mother experienced lower back pain during pregnancy, which was managed by recommending warm compresses and avoiding prolonged sitting. During labor, non-pharmacological interventions specifically pelvic tilts, hip circles, and deep breathing relaxation techniques were employed. The first stage of labor occurred at 37–38 weeks of gestation; the infant was born spontaneously at term, cried immediately, and was active, weighing 3,000 grams and measuring 50 cm in length; a second-degree laceration occurred and was sutured. No complications were observed in the mother or infant during the postpartum period. Following family planning counseling, the mother opted for a three-month injectable contraceptive. Neonatal care focused on nutritional needs and monitoring for danger signs; by day 23, the infant had gained 500 grams in weight. This report is intended to serve as a reference for efforts to enhance the quality of continuous and comprehensive (KIA)-(KB) services.

**Keywords : Comprehensive Midwifery Care, Pregnancy, Childbirth,
Postpartum, Neonates**

References : 35 References (2016–2024)