

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU
PROGRAM STUDI DIII KEBIDANAN**

**LAPORAN TUGAS AKHIR, Mei 2026
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**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY.D DI TPMB NILA
TRISNAWATI KOTA PEKANBARU TAHUN 2026
xii, 99 Halaman, 7 Tabel, 10 Lampiran**

ABSTRAK

Salah satu strategi untuk meningkatkan derajat kesehatan ibu dan anak adalah melalui penerapan asuhan kebidanan komprehensif dan berkesinambungan atau *continuity of midwifery care* (CoMC). Asuhan ini bertujuan untuk melakukan deteksi dini terhadap faktor resiko serta mencegah terjadinya komplikasi selama masa kehamilan, persalinan, nifas, dan neonatus. Asuhan kebidanan berkesinambungan pada Ny. D 25 Tahun dilaksanakan di TPMB Nila Trisnawati Kota Pekanbaru mulai November 2025 - Februari 2026. Ny. D G3P2A0H2 mendapat asuhan kehamilan, ibu mengeluhkan sering BAK pada malam hari. Untuk mengatasi keluhan tersebut diberikan asuhan senam kegel serta pendidikan kesehatan tentang pengaturan pola minum serta anjuran mengurangi konsumsi cairan berlebihan menjelang waktu tidur. Proses persalinan berlangsung sesuai dengan standar asuhan persalinan normal (APN). Bayi lahir spontan dengan berat badan 3000 gram dan panjang badan 48 cm. Plasenta lahir lengkap dan kontraksi uterus baik. Masa nifas berlangsung normal hingga 39 hari postpartum. Asuhan yang diberikan meliputi anjuran menyusui sesering mungkin, pemberian ASI eksklusif, skrining penggunaan EPDS, serta konseling keluarga berencana. Setelah mendapatkan konseling, ibu memilih menggunakan kontrasepsi implan. Pada masa neonatus dilakukan asuhan berupa perawatan bayi. Bayi menyusu dengan baik dan mengalami peningkatan berat badan 650 gram pada waktu 39 hari. Diharapkan tenaga kesehatan, khususnya bidan, dapat terus mempertahankan dan meningkatkan mutu pelayanan kebidanan yang komprehensif dan berkesinambungan sesuai standar, mulai dari masa kehamilan, persalinan, nifas, hingga neonatus.

Kata Kunci: Asuhan Komprehensif, Kehamilan, Persalinan normal, Nifas, Neonatus

Referensi : 67 (2026-2025)

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

**FINAL PROJECT REPORT, Mei 2026
NAFLA EVIANCHA**

**COMPERHENSIVE MIDWIFERY CARES FOR MRS. D AT TPMB NILA
TRISNAWATI OF PEKANBARU IN 2026
xii, 99 page, 7 Table, 10 attachment**

ABSTRACT

One of the strategies to improve maternal and child health status is through the implementation of comprehensive and continuous midwifery care, known as Continuity of Midwifery Care (CoMC). This approach aims to provide early detection of risk factors and prevent complications during pregnancy, childbirth, the postpartum period, and the neonatal period. Continuous midwifery care for Mrs. D, a 25-year-old woman, was carried out at TPMB Nila Trisnawati, Pekanbaru City, from November 2025 to February 2026. Mrs. D, G3P2A0H2, received antenatal care and complained of frequent urination at night. To address this complaint, Kegel exercises and health education regarding fluid intake management and reducing excessive fluid consumption before bedtime were provided. The labor process was conducted according to the standards of Normal Childbirth Care (Asuhan Persalinan Normal/APN). The baby was born spontaneously with a birth weight of 3,000 grams and a body length of 48 cm. The placenta was delivered completely, and uterine contractions were adequate. The postpartum period progressed normally until 39 days postpartum. Care provided included encouragement of frequent breastfeeding, exclusive breastfeeding education, screening using the Edinburgh Postnatal Depression Scale (EPDS), and family planning counseling. After receiving counseling, the mother chose an implant contraceptive method. During the neonatal period, newborn care was provided. The baby breastfed well and experienced a weight gain of 650 grams. It is expected that healthcare providers, particularly midwives, will continue to maintain and improve the quality of comprehensive and continuous midwifery care services in accordance with established standards, starting from pregnancy, childbirth, postpartum care, and neonatal care.

Keywords: Continuity of Midwifery Care, Pregnancy, Childbirth, Postpartum, Neonate, Family Planning.

Reference: 67 Reference (2016-2025)