

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

**LAPORAN TUGAS AKHIR, JUNI 2026
NADILA GUSRA AYU**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. S DI TEMPAT
PRAKTIK MANDIRI BIDAN (TPMB) HJ ZURAHMI KOTA
PEKANBARU TAHUN 2026**

xii, 126 Halaman, 10 Tabel, 10 Lampiran.

ABSTRAK

Asuhan Kebidanan Komprehensif pada Ny. S di Tempat praktik mandiri bidan Hj Zurrahmi Kota Pekanbaru dengan Pendekatan Continuity of Care (CoC). Tingginya Angka Kematian Ibu (AKI) dan Angka Kematian Bayi (AKB) di Indonesia, khususnya di Provinsi Riau, menuntut peningkatan kualitas pelayanan kesehatan ibu dan anak secara berkesinambungan. Penelitian ini bertujuan untuk memberikan asuhan kebidanan komprehensif mulai dari masa kehamilan, persalinan, nifas, bayi baru lahir, hingga pelayanan keluarga berencana (KB). Metode yang digunakan adalah studi kasus dengan pendekatan manajemen kebidanan yang didokumentasikan melalui metode SOAP (Subjektif, Objektif, Assessment, Planning) serta pemeriksaan penunjang yang relevan. Pengumpulan data dilakukan melalui wawancara, pemeriksaan fisik, dan pendampingan langsung terhadap Ny. S (G1P0A0H0) di Tempat praktik mandiri bidan Hj Zurrahmi Kota Pekanbaru pada periode 17 Januari 2026 hingga 11 Februari 2026. Instrumen yang digunakan meliputi KSPR, partograf, lembar observasi, skrining EPDS, buku KIA, dan leaflet edukasi. Selama masa asuhan, Ny. S menerima empat kali kunjungan antenatal, pendampingan persalinan, empat kali kunjungan nifas, dan tiga kali kunjungan neonatus. Intervensi yang diberikan meliputi senam hamil, pijat relaksasi, senam nifas, perawatan payudara, serta konseling KB. Hasil asuhan menunjukkan bahwa proses kehamilan dan persalinan berlangsung lancar tanpa komplikasi. Ibu melahirkan secara spontan pada usia kehamilan 37 minggu dengan bayi lahir aterm, langsung menangis, berat badan 2900 gram, dan panjang badan 48 cm. Selama masa asuhan, terdapat peningkatan berat badan bayi sebesar 200 gram, dan ibu memutuskan untuk menggunakan kontrasepsi suntik 3 bulan. Kesimpulannya, asuhan kebidanan komprehensif dengan pendekatan Continuity of Care efektif dalam mendeteksi dini risiko komplikasi, meningkatkan kesehatan ibu dan bayi, serta mendukung upaya penurunan AKI dan AKB.

Kata Kunci : *Asuhan, kehamilan, persalinan, nifas, neonatus, CoMC*

Referensi : 64 referensi (2013-2022)

**MINISTRY OF HEALTH REPUBLIC OF INDONESIA
POLITEKNIK KEMENKES RIAU
DIII MIDWIFERY STUDY PROGRAM**

**FINAL PROJECT REPORT, JUNE 2026
NADILA GUSRA AYU**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. S AT HJ.
ZURAHMI'S INDEPENDENT MIDWIFERY PRACTICE, PEKANBARU
CITY, 2026**

xii, 126 Pages, 10 Tables, 10 Appendices

ABSTRACT

The high Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR) in Indonesia, particularly in Riau Province, highlight the need to improve the quality of continuous maternal and child health services. This study aimed to provide comprehensive midwifery care covering pregnancy, childbirth, postpartum care, newborn care, and family planning services. A case study design was employed using the midwifery management approach, with documentation based on the SOAP method (Subjective, Objective, Assessment, and Planning) and supported by relevant diagnostic examinations. Data were collected through interviews, physical examinations, and direct assistance provided to Mrs. S (G1P0A0H0) at Hj. Zurahmi's Independent Midwifery Practice, Pekanbaru City, from January 17 to February 11, 2026. The instruments used included the Poedji Rochjati Score Card (KSPR), partograph, observation sheets, the Edinburgh Postnatal Depression Scale (EPDS), the Maternal and Child Health (MCH) Handbook, and educational leaflets. Throughout the continuity of care, Mrs. S received four antenatal care visits, continuous support during childbirth, four postpartum visits, and three neonatal visits. The interventions provided included pregnancy exercises, relaxation massage, postpartum exercises, breast care, and family planning counseling. The results showed that both pregnancy and childbirth progressed normally without complications. Mrs. S delivered spontaneously at 37 weeks of gestation, giving birth to a full-term infant who cried immediately after birth, weighed 2,900 grams, and measured 48 cm in length. During the care period, the infant's weight increased by 200 grams, and the mother chose the three-month injectable contraceptive method for postpartum family planning. In conclusion, comprehensive midwifery care using the Continuity of Care (CoC) approach was effective in the early detection of potential complications, improving maternal and neonatal health outcomes, and supporting efforts to reduce the Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR).

Keywords: *Care, pregnancy, childbirth, postpartum period, neonate, CoMC*

Reference: 64 reference (2013-2022)