

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

**LAPORAN TUGAS AKHIR, JUNI 2026
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**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. M DI TPMB
ROSITA KOTA PEKANBARU**

xii + 107 halaman, 2 tabel, 9 lampiran

ABSTRAK

Salah satu upaya yang dilakukan untuk meningkatkan kesehatan ibu dan anak yaitu dengan menerapkan model asuhan kebidanan yang komprehensif dan berkelanjutan atau *Continuity of Midwifery Care* (CoMC). Asuhan ini bertujuan untuk mendeteksi dini dan mencegah komplikasi pada masa kehamilan, persalinan, nifas dan neonatus. Asuhan secara berkesinambungan pada Ny. M usia 33 tahun diberikan di TPMB Rosita Kota Pekanbaru dimulai pada kehamilan 35 minggu 5 hari dari bulan 26 Februari s.d 22 April 2026. Pada Ny. M G4P3A0H3 dilakukan 3 kali kunjungan kehamilan, Persalinan, 4 kali kunjungan nifas, 3 kali kunjungan neonatus. Pada kehamilan Ny. M kadar hemoglobin (Hb) 15,2 g/dL yang berada di atas batas normal pada ibu hamil, serta skor KSPR 6 yang menunjukkan kehamilan dengan risiko tinggi. Pada usia kehamilan 35 minggu 5 hari didapatkan TFU 31 cm, ukuran TFU kurang dari usia kehamilan, ibu diberikan Pendidikan kesehatan mengenai nutrisi tinggi kalori dan protein. Asuhan persalinan sesuai dengan Asuhan Persalinan Normal (APN), ibu diberikan asuhan sayang ibu, penggunaan *Birth Ball* untuk membantu mengurangi nyeri pada saat kontraksi dan mempercepat pembukaan, teknik relaksasi dan massage punggung untuk mengurangi rasa nyeri. Bayi lahir spontan BB: 3100 gram PB: 52 cm, plasenta lahir lengkap, kontraksi baik, pengeluaran darah 100 cc, tidak ada laserasi jalan lahir. Asuhan nifas selama 42 hari berjalan normal, perawatan payudara, skrining EPDS, pola nutrisi selama nifas dan konseling KB, dan ibu menjadi akseptor KB suntik 3 bulan. Pada masa neonatus dilakukan perawatan bayi, pijat bayi, edukasi ASI eksklusif dan menyusui *on-demand*. Bayi menyusu kuat dan berat badan meningkat 610 gram. Diharapkan tenaga kesehatan khususnya bidan dapat mempertahankan dan meningkatkan asuhan kebidanan sesuai standar kebidanan secara komprehensif dan berkesinambungan mulai dari asuhan ibu hamil, bersalin, nifas dan neonatus.

Kata Kunci: ***Asuhan Kebidanan Komprehensif, Kehamilan, Perslinan, Nifas, Neonatus***

Referensi: 50 Referensi (2015-2026)

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RIAU HEALTH POLYTECHNIC
DEPARTEMENT OF MIDWIFERY
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**STUDY PROGRAM FINALE REPORT, JUNE 2026
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**COMPREHENSIVE MIDWIFERY CARE FOR MRS.M
AT ROSITA MIDWIFERY CLINIC PEKANBARU CITY**

xii + 107 halaman, 2 tables, 9 appendices

ABSTRACT

One of the efforts to improve maternal and child health is the implementation of a comprehensive and continuous midwifery care model, known as Continuity of Midwifery Care (CoMC). This approach aims to detect and prevent complications during pregnancy, childbirth, postpartum, and the neonatal period. Comprehensive care was provided to Mrs. M, a 33-year-old (G4P3A0H3), at TPMB Rosita in, Pekanbaru City, from February to April 2026. She received 3 antenatal visits, 4 postpartum visits, and 3 neonatal visits. At 35-36 weeks of gestation, During pregnancy, maternal and fetal conditions were normal, with no complications identified.. Childbirth care was provided according to the Normal Delivery Care (APN) standard. Birth Ball use, relaxation techniques, and back massage provide to accelerate labor and reduce pain. A baby was born spontaneously with a birth weight of 3,100 grams and a birth length of 52 cm. The placenta was delivered completely, uterine contractions were adequate, blood loss was approximately 100 cc, and no birth canal lacerations occurred. Postpartum care over 42 days progressed normally and included breast care, (EPDS) screening, nutritional guidance during the postpartum period, and family planning counseling. Breast milk production was adequate, and the mother chose the 3-month injectable contraceptive method. During the neonatal period, care included newborn care, infant massage, education on exclusive breastfeeding, and on-demand breastfeeding. The infant demonstrated effective breastfeeding behavior and gained 610 grams in body weight. It is expected that healthcare providers, particularly midwives, will continue to maintain and improve the quality of comprehensive and continuous midwifery care in accordance with professional standards, covering antenatal, intrapartum, postpartum, and neonatal care.

Keywords: Continuity of Midwifery Care, pregnancy, childbirth, postpartum care, neonatal care.

References: 50 references (2015-2026)