

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

**LAPORAN TUGAS AKHIR, JUNI 2026
WANDA SAFIRA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. L DI TPMB
ERNITA PEKANBARU TAHUN 2026**

ix + 124 Halaman, 7 Tabel, 10 Lampiran

ABSTRAK

Pelayanan kesehatan selama masa kehamilan, persalinan, nifas sangat penting bagi keberlangsungan hidup ibu dan bayi, termasuk dalam upaya menurunkan angka kematian ibu dan bayi. Tujuan dari Laporan Tugas Akhir ini adalah melakukan asuhan kebidanan pada Ny. L secara berkesinambungan melalui pendekatan CoMC (*Continuity of Midwifery Care*) mulai dari tanggal 15 Januari hingga 19 Maret 2026, dilakukan kunjungan Asuhan kehamilan, persalinan, nifas, dan Neonatus. Asuhan kebidanan diberikan kepada Ny. L G3P2A0H2 usia 34 tahun dimulai dari usia kehamilan 35-36 minggu sampai 30 hari masa nifas dengan kunjungan kehamilan sebanyak 3 kali, Asuhan persalinan, Kunjungan nifas 4 kali dan kunjungan neonatus 3 kali. Pada masa kehamilan Ny. L mengalami keluhan nyeri pinggang yang dapat diatasi dengan senam hamil, serta kompres dengan air hangat. Hasil pemeriksaan menunjukkan kondisi ibu dan janin dalam batas normal dengan skor KSPR 2 (Kehamilan Risiko Rendah). Pada Persalinan Ny L diberikan Asuhan sayang ibu dan melakukan *BirthBall*. Bayi lahir spontan berjenis kelamin perempuan, berat badan 3.300 gram, panjang badan 49 cm, serta tidak ditemukan komplikasi pada ibu maupun bayi, serta segera dilakukan Inisiasi Menyusu Dini (IMD). Pada awal nifas ibu mengeluh ASI ibu masih sedikit, diatasi dengan edukasi fisiologi nifas, perawatan payudara, serta pijat oksitosin. Hasil konseling keluarga berencana ibu menggunakan suntik progestin. Pada masa neonatus dilakukan perawatan bayi, pijat bayi, edukasi ASI eksklusif dan menyusui *on-demand*. Bayi menyusui kuat dan berat badan meningkat 200 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, persalinan, nifas, neonatus.

Referensi: 52 Referensi (2012–2025)

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
RIAU HEALTH POLYTECHNIC
MIDWIFERY DEPARTMENT
DIPLOMA III MIDWIFERY STUDY PROGRAM**

FINAL PROJECT REPORT, JUNE 2026

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**COMPREHENSIVE MIDWIFERY CARE FOR MRS. L AT TPMB ERNITA
PEKANBARU IN 2026**

Ix + 124 Pages, 7 Tables, 10 Attachments

ABSTRACT

Healthcare services during pregnancy, childbirth, and the postpartum period are essential for ensuring the survival of both mothers and infants, including efforts to reduce maternal and infant mortality rates. The purpose of this Final Project Report is to provide continuous midwifery care to Mrs. L through the Continuity of Midwifery Care (CoMC) approach from January 15 to March 19, 2026, including antenatal, intrapartum, postpartum, and neonatal care visits. Midwifery care was provided to Mrs. L, G3P2A0H2, aged 34 years, starting at 35–36 weeks of gestation until 30 days postpartum. The care consisted of three antenatal visits, intrapartum care, four postpartum visits, and three neonatal visits. During pregnancy, Mrs. L experienced lower back pain, which was managed through pregnancy exercises and warm-water compresses. The examination results indicated that the condition of both the mother and fetus was within normal limits, with a KSPR score of 2, indicating a low-risk pregnancy. During labor, Mrs. L received respectful maternity care and utilized a birth ball. The baby was delivered spontaneously, female, with a birth weight of 3,300 grams and a body length of 49 cm. No complications were found in either the mother or the baby, and Early Initiation of Breastfeeding (IMD) was performed immediately after birth. During the early postpartum period, the mother complained of low breast milk production. This was managed through education regarding postpartum physiology, breast care, and oxytocin massage. Following family planning counseling, the mother chose a progestin-only injectable contraceptive method. During the neonatal period, the baby received routine neonatal care, infant massage, education on exclusive breastfeeding, and on-demand breastfeeding. The baby breastfed well and gained 200 grams in weight. It is expected that healthcare professionals, particularly midwives, will maintain and improve comprehensive and continuous midwifery care in accordance with established midwifery standards, starting from antenatal care through childbirth, the postpartum period, and neonatal care.

Keywords: *Comprehensive Midwifery Care, pregnancy, childbirth, postpartum, neonate.*

References: 52 References (2012–2025)