

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

**LAPORAN TUGAS AKHIR, MEI 2026
ATTAH FADILLAH REGISTA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. A DI TEMPAT
PRAKTIK MANDIRI BIDAN (TPMB) DARLIANA PEKANBARU**

xiii ± 146 Halaman, 8 tabel, 10 Lampiran

ABSTRAK

Asuhan kebidanan komprehensif adalah asuhan yang diberikan secara menyeluruh dan berkesinambungan mulai dari masa kehamilan, persalinan, nifas, hingga neonatus. Studi kasus ini merupakan asuhan kebidanan komprehensif pada Ny. A G3P2A0H2 yang dilaksanakan menggunakan pendekatan manajemen kebidanan di PMB Darliana Kota Pekanbaru pada bulan Maret hingga Mei 2026. Asuhan diberikan mulai dari kehamilan 34 minggu 4 hari sampai masa nifas. Pada masa kehamilan dilakukan 3 kali kunjungan ditemukan ketidaknyamanan fisiologis berupa kontraksi palsu dan nyeri perut bagian bawah yang dapat di atasi dengan kompres hangat. Hasil evaluasi selama kehamilan menunjukkan kondisi ibu dan janin dalam keadaan normal sampai menuju persalinan. Persalinan berlangsung spontan pervaginam pada usia kehamilan 40 minggu 4 hari tanpa komplikasi. Bayi lahir aterm, langsung menangis kuat, bergerak aktif, dengan berat badan lahir 3.500 gram dan panjang badan 50 cm. Pada masa nifas dilakukan empat kali kunjungan meliputi pemantauan involusi uterus, pengeluaran lochea, perawatan payudara, konseling menyusui, dan konseling keluarga berencana. Masa nifas berlangsung normal tanpa komplikasi dan hasil konseling KB ibu memilih menggunakan kontrasepsi suntik 3 bulan. Pada masa neonatus dilakukan tiga kali kunjungan dengan pemberian asuhan rutin perawatan tali pusat, pemantauan pertumbuhan dan perkembangan, pijat bayi, memandikan bayi serta edukasi ASI eksklusif. Hasil asuhan menunjukkan kondisi bayi baik, tidak ditemukan komplikasi, serta terjadi peningkatan berat badan 400 gram pada usia 14 hari. Pelayanan kebidanan berkesinambungan perlu terus dipertahankan untuk mendukung kesehatan maternal dan neonatal serta berkontribusi dalam upaya penurunan angka kematian ibu dan bayi.

Kata kunci : Asuhan kebidanan Komprehensif, hamil, bersalin, nifas dan neonatus

Referensi : 82 Referensi (2017-2024)

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

**FINAL PROJECT REPORT, MAY 2026
ATTAH FADILLAH REGISTA**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. A AT DARLIANA
INDEPENDENT MIDWIFERY PRSCTICE (TPMB), PEKANBARU**

xiii ± 146 Pages, 8 Table, 10 Attachment

ABSTRACT

Comprehensive midwifery care is holistic and continuous care provided from pregnancy and childbirth through the postpartum period and into the neonatal stage. This case study details comprehensive midwifery care for Mrs. A (G3P2A0H2), conducted using the midwifery management approach at the Darliana Independent Midwifery Practice in Pekanbaru City between March and May 2026. Care was provided from 34 weeks and 4 days of gestation through the postpartum period. During pregnancy, three visits were conducted; physiological discomforts identified included false contractions (Braxton Hicks) and lower abdominal pain, both of which were alleviated with warm compresses. Evaluations throughout the pregnancy indicated that the conditions of both the mother and fetus remained normal leading up to delivery. Delivery occurred spontaneously via the vaginal route at 40 weeks and 4 days of gestation without complications. The infant was born at term, cried vigorously immediately, moved actively, and had a birth weight of 3,500 grams and a length of 50 cm. Four postpartum visits were conducted, covering the monitoring of uterine involution and lochia discharge, breast care, breastfeeding counseling, and family planning counseling. The postpartum period proceeded normally without complications, and the mother chose a 3-month injectable contraceptive. Three neonatal visits were conducted, involving routine care such as umbilical cord care, growth and development monitoring, infant massage, bathing, and education on exclusive breastfeeding. The care outcomes showed the infant to be in good health with no complications, and a weight gain of 400 grams was observed by the age of 14 days. Continuous midwifery services must be maintained to support maternal and neonatal health and to contribute to efforts aimed at reducing maternal and infant mortality rates.

Keywords: Pregnancy Comprehensive Care, Maternity, Postpartum, Neonate

Reference: 82 Reference (2012-2024).