

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

**LAPORAN TUGAS AKHIR, MEI 2026
AMELIA ANASTASYA SINAGA**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. N DI TEMPAT
PRAKTIK MANDIRI BIDAN NILA TRISNAWATI KOTA PEKANBARU
TAHUN 2026**

x ± 153 Halaman + 7 Tabel + 10 Lampiran

ABSTRAK

Kehamilan, persalinan, masa nifas, bayi baru lahir merupakan siklus fisiologis kehidupan wanita. Namun, dalam pelaksanaannya, dapat terjadi komplikasi yang mengancam jiwa ibu dan bayi. Untuk mengatasi hal tersebut, Kementerian Kesehatan menerapkan transformasi layanan kesehatan primer melalui pendekatan *Continuity of Midwifery Care* (CoMC). Studi kasus ini bertujuan untuk memberikan asuhan kebidanan secara komprehensif kepada Ny. N di TPMB Nila Trisnawati, Kota Pekanbaru, mulai dari kehamilan, persalinan, masa nifas, hingga neonatus. Asuhan dilakukan dengan pendekatan manajemen kebidanan dan didokumentasikan menggunakan metode SOAP. Pendampingan CoMC dilakukan sejak Desember 2025-Maret 2026, mencakup tiga kali kunjungan selama kehamilan trimester III, pendampingan persalinan, empat kali kunjungan masa nifas, dan tiga kali kunjungan masa neonatus. Selama kehamilan trimester III, ditemukan keluhan berupa nyeri perut bagian bawah, konstipasi, perut terasa tegang. Ibu diberikan pendidikan kesehatan tentang cara mengatasi konstipasi. Dan didapatkan hasil asuhan yang diberikan dapat mengatasi keluhan nyeri perut bagian bawah mulai kurang. Persalinan ditangani sesuai standar Asuhan Persalinan Normal (APN), dengan tambahan asuhan *birth ball* dan *counterpressure*. Bayi lahir spontan, menangis kuat, tonus otot baik, pergerakan aktif, berat badan 2.900 gram, panjang badan 49 cm, dan berjenis kelamin perempuan. Pada masa nifas terdapat keluhan nyeri jahitan perineum, diajarkan kompres hangat dan pijat oksitosin. Asuhan neonatus meliputi perawatan harian bayi, perawatan tali pusat, terdapat peningkatan berat badan sebesar 500 gram. Diharapkan tenaga kesehatan khususnya bidan untuk terus meningkatkan asuhan kebidanan sesuai standar kebidanan serta meningkatkan kualitas pelayanan kebidanan yang komprehensif.

Kata Kunci : Asuhan kebidanan komprehensif, hamil, bersalin, nifas, neonatus
Referensi : 87 (2015-2025)

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

**FINAL PROJECT REPORT, MAY 2026
AMELIA ANASTASYA SINAGA**

**COMPREHENSIVE MIDWIFERY CARES FOR MRS. Y AT NILA
TRISNAWATI INDEPENDENT MIDWIFERY PRACTICE IN PEKANBARU
CITY IN 2026**

x ± 153 Page + 7 Tables + 10 Attachments

ABSTRACT

Pregnancy, childbirth, the postpartum period, newborns, and family planning constitute the physiological cycles of a woman's life. However, during these processes, life-threatening complications for the mother and baby may occur. To overcome this, the Ministry of Health has implemented a transformation of primary health care services through the Continuity of Midwifery Care (CoMC) approach. This case study aims to provide comprehensive midwifery care to Mrs. N at TPMB Nila Trisnawati, Pekanbaru City, starting from pregnancy, childbirth, and the postpartum period, through to neonatal care. The care was conducted using a midwifery management approach and documented using the SOAP method. CoMC assistance was carried out from December 2025 to March 2026, including three visits during the third trimester of pregnancy, labor assistance, four postpartum visits, and three neonatal visits. During the third trimester, the mother experienced complaints of lower abdominal pain, constipation, and abdominal tightness. Health education regarding constipation management was provided, resulting in a reduction of lower abdominal pain complaints. Labor was managed according to the standards of Normal Childbirth Care (Asuhan Persalinan Normal/APN), with additional interventions including birth ball exercises and counterpressure techniques. The baby was born spontaneously, cried immediately after birth, had good muscle tone, active movements, a birth weight of 2,900 grams, a body length of 49 cm, and was female. During the postpartum period, the mother complained of perineal suture pain and was taught warm compress therapy and oxytocin massage. Neonatal care included daily newborn care and umbilical cord care, resulting in a weight gain of 500 grams. It is expected that healthcare providers, especially midwives, will continue to improve the quality of comprehensive midwifery care in accordance with established midwifery standards and enhance the quality of maternal and neonatal health services

***Keywords : Pregnancy Care, Maternity, Postpartum, Neonates, Comprehensive
Reference :87 (2015-2025)***