

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

**LAPORAN TUGAS AKHIR, MEI 2026
INDAH DINA CHEFFI**

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

xiv + 158 Halaman, 2 Tabel, 10 Lampiran

ABSTRAK

Asuhan kebidanan komprehensif merupakan pelayanan kebidanan yang diberikan secara berkesinambungan mulai dari kehamilan, persalinan, nifas, hingga neonatus untuk mendeteksi dini komplikasi serta meningkatkan kesehatan ibu dan bayi. Studi kasus ini bertujuan memberikan asuhan kebidanan komprehensif pada Ny. Y G4P3A0H3 di PMB Darliana Kota Pekanbaru tahun 2026. Asuhan dilakukan sejak usia kehamilan 33 minggu 2 hari hingga masa nifas dan neonatus melalui 3 kali kunjungan ANC, masa persalinan, 5 kali kunjungan nifas, dan 4 kali kunjungan neonatus. Kehamilan berlangsung secara fisiologis tanpa ada keluhan. Asuhan yang diberikan berupa senam hamil. Persalinan berlangsung normal pada usia kehamilan 38 minggu 2 hari dengan luka laserasi derajat 1. Asuhan yang diberikan meliputi dukungan emosional, teknik relaksasi, massage punggung, dan penggunaan gym ball. Bayi lahir spontan berjenis kelamin laki-laki dengan berat badan 2.800 gram dan panjang badan 47 cm. Pada masa nifas ibu mengeluhkan nyeri luka perineum dan diberikan edukasi perawatan luka sehingga keluhan yang ibu alami dapat teratasi. Asuhan lainnya yaitu teknik menyusui, pijat oksitosin, dan konseling KB. Hasil asuhan menunjukkan involusi uterus normal, produksi ASI lancar, keadaan psikologis ibu baik, dan ibu menggunakan kontrasepsi implant. Asuhan neonatus yang diberikan meliputi pemberian vitamin K, salep mata, imunisasi HB-0, perawatan tali pusat, edukasi ASI eksklusif, dan pijat bayi. Pada usia 26 hari berat badan bayi mengalami peningkatan sebanyak 600 gram. Asuhan kebidanan komprehensif dan berkesinambungan mampu mendukung deteksi dini komplikasi, menjaga kesehatan ibu dan bayi, serta meningkatkan kualitas pelayanan kebidanan sehingga tercapai kondisi ibu dan bayi yang optimal.

Kata Kunci: Asuhan Kebidanan Komprehensif, Kehamilan, Persalinan, Nifas, Neonatus

Referensi : 49 Referensi (2016-2025)

**KEMENTERIAN KESEHATAN REPUBLIC OF INDONESIA
RIAU HEALTH POLYTECHNIC
DIPLOMA III MIDWIFERY STUDY PROGRAM**

**FINAL PROJECT REPORT, MAY 2026
INDAH DINA CHEFFI**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. Y AT DARLIANA
INDEPENDENT MIDWIFERY PRACTICE (TPMB), PEKANBARU**

xiv + 158 Pages, 2 Tables, 10 Appendices

ABSTRACT

Comprehensive midwifery care is a continuous midwifery service provided from pregnancy, childbirth, postpartum, and neonatal periods to enable early detection of complications and improve maternal and infant health. This case study aimed to provide comprehensive midwifery care for Mrs. Y, G4P3A0H3, at Darliana Independent Midwifery Practice, Pekanbaru City, in 2026 using a midwifery management approach. The care was provided from 33 weeks and 2 days of gestation until the postpartum and neonatal periods through three antenatal care visits, labor care, five postpartum visits, and four neonatal visits. The results showed that the pregnancy progressed normally until term. Normal delivery occurred at 38 weeks and 2 days of gestation. The care provided included emotional support, relaxation techniques, back massage, and the use of a gym ball. A male infant was born spontaneously with a birth weight of 2,800 grams and a body length of 47 cm. A first-degree perineal laceration was identified and managed with suturing. During the postpartum period, the mother complained of pain at the perineal suture site and was provided with wound care education. Additional care included breastfeeding techniques, oxytocin massage, and family planning counseling. The results indicated normal uterine involution, adequate breast milk production, good maternal psychological condition, and the mother's decision to use an implant contraceptive method. Neonatal care included administration of vitamin K, eye ointment, hepatitis B (HB-0) immunization, umbilical cord care, exclusive breastfeeding education, and infant massage. At 26 days of age, the infant's weight had increased by 600 grams. Comprehensive and continuous midwifery care was able to support the early detection of complications, maintain maternal and infant health, and improve the quality of midwifery services, resulting in optimal maternal and neonatal outcomes.

Keywords: Comprehensive Midwifery Care, Pregnancy, Childbirth, Postpartum, Neonate

References: 49 References (2016–2025)