

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

**LAPORAN TUGAS AKHIR, JUNI 2026
GRACE FRISKA CLAUDYA SIREGAR**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. D DI KLINIK
PRATAMA TAMAN SARI 6 KOTA PEKANBARU TAHUN 2026**

xii + 118 Halaman, 7 Tabel, 10 Lampiran

ABSTRAK

Asuhan kebidanan komprehensif merupakan pelayanan berkesinambungan sejak kehamilan, persalinan, hingga nifas termasuk neonatus. Studi kasus ini bertujuan memberikan asuhan komprehensif pada Ny. D (G3P2A0H2), usia 35 tahun, dengan model asuhan *Continuity of Midwifery Care* (CoMC) dan pendekatan manajemen kebidanan. Asuhan dilaksanakan di Klinik Pratama Taman Sari 6 Kota Pekanbaru dan dilanjutkan melalui kunjungan rumah pada 05 Mei–26 Juni 2026, sejak usia kehamilan 37 minggu hingga nifas hari ke-31. Asuhan meliputi empat kali asuhan kehamilan, pendampingan persalinan, empat kali kunjungan nifas, dan tiga kali kunjungan neonatus. Pada Trimester III kehamilan, ibu mengalami nyeri punggung bawah yang dapat diatasi dengan kompres hangat dan senam hamil. Pada persalinan diberikan intervensi nonfarmakologis berupa *deep back massage* dan relaksasi napas dalam untuk membantu mengurangi rasa nyeri. Persalinan berlangsung pada usia kehamilan 40 minggu, bayi lahir spontan, aterm, segera menangis, aktif, berat 4000 gram, panjang 50 cm. Kondisi ibu pada masa nifas baik, dengan asuhan berupa edukasi teknik dan posisi menyusui, perawatan luka perineum, senam nifas, pijat oksitosin, dan perawatan payudara. Pemantauan mental menggunakan EPDS menunjukkan ibu tidak memiliki kecenderungan menjalani masalah psikologis. Melalui konseling KB, ibu memilih kontrasepsi Suntik KB 3 Bulan. Asuhan pada bayi mencakup edukasi perawatan harian dan pijat bayi. Berat badan bayi meningkat 800 gram pada usia 28 hari. Diharapkan tenaga kesehatan khususnya bidan dapat memberikan pelayanan komprehensif dan berkesinambungan sesuai dengan standar pelayanan kebidanan dimulai dari masa kehamilan, persalinan, nifas dan neonatus.

Kata Kunci : ***Asuhan Kebidanan, Komprehensif, Hamil, Bersalin, Nifas, Neonatus***

Referensi : 54 Referensi (2016-2025)

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

**FINAL PROJECT REPORT, JUNE 2026
GRACE FRISKA CLAUDYA SIREGAR**

**COMPREHENSIVE MIDWIFERY CARE TO MRS. D AT KLINIK PRATAMA
TAMAN SARI 6 PEKANBARU CITY**

xii. + 118 pages. 7 Table. 10 Attachments

ABSTRACT

Comprehensive midwifery care constitutes continuous service spanning pregnancy, childbirth, and the postpartum period, including neonatal care. This case study aimed to provide comprehensive care to Mrs. D (G3P2A0H2), aged 35, using the Continuity of Midwifery Care (CoMC) model and a midwifery management approach. Care was administered at the Taman Sari 6 Primary Clinic in Pekanbaru City and continued via home visits from May 5 to June 26, 2026, covering the period from 37 weeks of gestation through the 31st day postpartum. The care regimen included four prenatal visits, labor support, four postpartum visits, and three neonatal visits. During the third trimester, the mother experienced lower back pain, which was managed with warm compresses and prenatal exercises. During labor, non-pharmacological interventions specifically deep back massage and deep breathing relaxation were employed to alleviate pain. Delivery occurred at 40 weeks of gestation; the baby was born spontaneously at term, cried immediately, was active, and weighed 4,000 grams with a length of 50 cm. The mother's postpartum condition was good; care included education on breastfeeding techniques and positions, perineal wound care, postpartum exercises, oxytocin massage, and breast care. Mental health monitoring using the Edinburgh Postnatal Depression Scale (EPDS) indicated no tendency toward psychological issues. Through family planning counseling, the mother chose the 3-month injectable contraceptive. Care for the infant included education on daily care and infant massage. The infant gained 800 grams in weight by the age of 28 days. It is hoped that healthcare professionals, particularly midwives, will provide comprehensive and continuous services in accordance with midwifery care standards, covering pregnancy, childbirth, the postpartum period, and neonatal care.

**Keywords : Comprehensive Midwifery Care, pregnancy, childbirth,
puerperium and neonatus**

Reading List : 54 References (2016-2025)