

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

**LAPORAN TUGAS AKHIR, JUNI 2026
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**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. K DI PRAKTIK
MANDIRI BIDAN ERMA SURIANTI KOTA PEKANBARU
xiii + 137 halaman, 6 tabel, 9 lampiran**

ABSTRAK

Kehamilan, persalinan, dan nifas merupakan proses fisiologis yang dialami perempuan. Namun, komplikasi dapat terjadi kapan saja dan berisiko terhadap kesehatan ibu dan janin. Salah satu upaya pencegahan komplikasi adalah melalui penerapan *Continuity of Midwifery Care* (CoMC). Studi kasus ini bertujuan memberikan asuhan kebidanan komprehensif pada Ny. K, G4P3A0H3 UK 26 minggu usia 29 tahun mulai dari masa kehamilan, persalinan, nifas, hingga neonatus, serta mendokumentasikannya menggunakan metode SOAP di PMB Erma Surianti, Kota Pekanbaru. Asuhan dilakukan secara berkesinambungan sejak trimester II kehamilan pada 24 Desember 2025 hingga 14 Mei 2026. Selama kehamilan ditemukan masalah Kekurangan Energi Kronis (KEK) yang ditangani melalui edukasi gizi seimbang, konsumsi tablet tambah darah, pemantauan berat badan dan Lingkar Lengan Atas (LILA), serta senam hamil. Persalinan berlangsung normal tanpa komplikasi dan bayi lahir cukup bulan dalam kondisi baik. Asuhan nifas dilakukan melalui empat kali kunjungan rumah dengan pemberian edukasi mengenai nutrisi ibu nifas, personal hygiene, ASI eksklusif, senam nifas, dan pijat oksitosin untuk meningkatkan produksi ASI. Asuhan neonatus dilakukan melalui tiga kali kunjungan rumah, bayi lahir dengan berat 3000 gram mengalami peningkatan pada hari ke 40 sebanyak 400 gram serta dilakukan edukasi tentang perawatan tali pusat, pemantauan pertumbuhan dan perkembangan, ASI eksklusif, serta pijat bayi. Hasil asuhan menunjukkan bahwa penerapan CoMC berperan penting dalam deteksi dini faktor risiko, pencegahan komplikasi, serta peningkatan kesehatan ibu dan bayi. Bidan diharapkan terus mempertahankan pelayanan yang komprehensif dan berkesinambungan.

Kata kunci : *Asuhan Kebidanan Komprehensif, Kehamilan, Persalinan, Nifas, Neonatus*

Daftar Pustaka : *62 Referensi (2015-2025)*

MINISTRY OF HEALTH REPUBLIC OF INDONESIA

RIAU HEALTH POLYTECHNIC

MIDWIFERY DEPARTMENT

D III MIDWIFERY STUDY PROGRAM

FINAL PROJECT REPORT, JUNE 2026

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**COMPREHENSIVE MIDWIFERY CARES FOR MRS. K AT ERMA
SURIANTI INDEPENDENT MIDWIFERY PRACTICE IN PEKANBARU
CITY**

xiii + 137 pages, 6 tables, and 9 appendices.

ABSTRACT

Pregnancy, childbirth, and the postpartum period are physiological processes experienced by women. However, complications can arise at any time, posing risks to the health of both the mother and the fetus. One strategy for preventing complications is the implementation of Continuity of Midwifery Care (CoMC). This case study aimed to provide comprehensive midwifery care to Mrs. K (a 29-year-old woman, G4P3A0H3, at 26 weeks' gestation) throughout pregnancy, labor, the postpartum period, and the neonatal stage, documenting the process using the SOAP method at the Erma Surianti Independent Midwifery Practice in Pekanbaru City. Care was provided continuously from the second trimester of pregnancy (December 24, 2025) through May 14, 2026. During pregnancy, Chronic Energy Deficiency (CED) was identified and managed through balanced nutrition education, iron-folic acid supplementation, monitoring of weight and Mid-Upper Arm Circumference (MUAC), and prenatal exercise. Labor proceeded normally without complications, and a full-term infant was delivered in good health. Postpartum care involved four home visits, during which education was provided on maternal nutrition, personal hygiene, exclusive breastfeeding, postpartum exercises, and oxytocin massage to boost breast milk production. Neonatal care involved three home visits; the infant, born weighing 3,000 grams, gained 400 grams by day 40, and education was provided regarding umbilical cord care, growth and development monitoring, exclusive breastfeeding, and infant massage. The results indicate that the implementation of CoMC plays a crucial role in the early detection of risk factors, the prevention of complications, and the improvement of maternal and infant health. Midwives are encouraged to continue providing comprehensive and continuous care.

Keywords : *Comprehensive Midwifery Care, Pregnancy, Childbirth, Postpartum, Neonates*

Reading List : *62 references (2015 – 2025)*