

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

**LAPORAN TUGAS AKHIR, JUNI 2026
ICHA KRISTINA SILITONGA**

**ASUHAN KEBIDANAN KOMPERHENSIF PADA NY M DI PMB LILIS
SUGIANTI KOTA PEKANBARU**

XIII Halaman, 110 Halaman, 6 Tabel, 10 Lampiran

ABSTRAK

Asuhan kebidanan komprehensif merupakan asuhan yang di berikan secara menyeluruh dan berkesinambungan mulai dari kehamilan, persalinan, nifas, hingga neonatus. Tujuan studi kasus ini adalah menerapkan asuhan kebidanan secara komprehensif pada Ny. M usia 23 tahun menggunakan pendekatan manajemen kebidanan. Pengambilan kasus dilakukan di PMB Lilis Sugianti Kota Pekanbaru dan kunjungan rumah. Asuhan kebidanan pada Ny. M G1P0A0H0 dilakukan sejak 3 Januari 2026 hingga 16 Maret 2026 pada usia kehamilan 33 minggu hingga nifas. Keluhan masa kehamilan yaitu sering buang air kecil pada malam hari yang diatasi dengan mengurangi minum 1-2 jam sebelum tidur, nyeri perut bagian bawah diatasi dengan mengubah posisi tidur miring kiri atau miring kanan. Persalinan berlangsung normal pada usia kehamilan 37 minggu 4 hari. Bayi lahir spontan, menangis kuat dan bergerak aktif, jenis kelamin perempuan, BB 3.500 gram dan PB 50 cm. IMD berhasil di menit ke-20. Kala III dilakukan manajemen aktif berupa pemberian oksitosin 10 IU intramuskular, peregangan tali pusat terkendali (PTT), dan masase uterus. Plasenta lahir spontan, lengkap dalam waktu ± 7 menit, kontraksi baik tanpa komplikasi. Asuhan nifas meliputi mobilisasi dini, senam nifas, edukasi personal hygiene, nutrisi, teknik pijat laktasi, teknik menyusui yang benar. Involusi uterus berlangsung normal, ASI lancar pada hari ke-4 tanpa komplikasi. Hasil konseling KB Ny. M memilih KB IUD. Asuhan neonatus berupa menjaga kehangatan, perawatan tali pusat dan memandikan bayi. Asuhan lainnya berupa pijat bayi untuk meningkatkan kualitas tidur dan berat badan bayi. Pada usia 26 hari terjadi peningkatan berat badan bayi sebesar 700 gram. Bidan sebagai tenaga kesehatan diharapkan dapat meningkatkan pelayanan yang komprehensif dan berkesinambungan sesuai standar pelayanan kebidanan *Evidence Based Midwifery*

**Kata Kunci : Asuhan Kebidanan Komperhensif, Hamil, Persalinan, Nifas,
Neonatus**

Referensi : 48 Referensi 2015-2025

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

**FINAL PROJECT REPORT, JUNE 2026
ICHA KRISTINA SILITONGA**

**COMPREHENSIVE MIDWIFERY CARE TO MRS. M AT
LILIS SUGIANTI IMP PEKANBARU CITY**

XIII Pages, 110 Pages, 6 Table, 10 Attachments

ABSTRACT

Comprehensive midwifery care is care that is provided comprehensively and continuously starting from pregnancy, childbirth, postpartum, to neonate. The purpose of this case study is to implement comprehensive midwifery care for Mrs. M, 23 years old using a midwifery management approach. Case collection was carried out at PMB Lilis Sugianti Pekanbaru City and home visits. Midwifery care for Mrs. M G1P0A0H0 was carried out from January 3, 2026 to March 16, 2026 at 33 weeks of pregnancy until postpartum. Complaints during pregnancy were frequent urination at night which was overcome by reducing drinking 1-2 hours before bedtime, lower abdominal pain was overcome by changing the sleeping position to the left or right side. Labor took place normally at 37 weeks and 4 days of pregnancy. The baby was born spontaneously, cried loudly and moved actively, was female, weighed 3,500 grams and was 50 cm long. Early Initiation of Breastfeeding (IMD) was successful in the 20th minute. Active management of the third stage of labor included intramuscular administration of 10 IU oxytocin, controlled umbilical cord traction (PTT), and uterine massage. The placenta was delivered spontaneously and completely within approximately 7 minutes, with good contractions without complications. Postpartum care included early mobilization, postpartum exercises, personal hygiene education, nutrition, lactation massage techniques, and proper breastfeeding techniques. Uterine involution proceeded normally, and breast milk flowed smoothly on the 4th day without complications. The results of Mrs. M's family planning counseling indicated that she chose an intrauterine device (IUD). Neonatal care included maintaining warmth, umbilical cord care, and bathing the baby. Other care included infant massage to improve sleep quality and weight gain. At 26 days, the baby's weight increased by 1,200 grams. Midwives, as health workers, are expected to improve comprehensive and continuous services in accordance with Evidence-Based Midwifery standards.

**Keywords: Comprehensive Midwifery Care, Pregnancy, Childbirth, Puerperium
And Neonatus**

Reading List : 48 References (2015-2025)