

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU
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**LAPORAN TUGAS AKHIR, JUNI 2026
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**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. W DI
KLINIK JAMBU MAWAR PEKANBARU TAHUN 2026**

xiv ±176 Halaman, 7 Tabel, 10 gambar, 10 Lampiran

ABSTRAK

Asuhan kebidanan komprehensif merupakan pelayanan berkesinambungan yang diberikan sejak masa kehamilan, persalinan, nifas, hingga neonatus untuk meningkatkan kesehatan ibu dan bayi serta mendeteksi dini komplikasi. Studi kasus ini bertujuan memberikan asuhan komprehensif pada Ny. W G1P0A0H0 di Klinik Jambu Mawar Kota Pekanbaru pada bulan Januari sampai Maret 2026 dengan pendekatan manajemen kebidanan. Pada masa kehamilan dilakukan 3 kali kunjungan. Ibu mengalami ketidaknyamanan berupa nyeri punggung bawah, nyeri perut bagian bawah, dan gangguan tidur yang dapat diatasi melalui edukasi pengaturan posisi tidur. Persalinan berlangsung normal pada usia kehamilan 40 minggu. Upaya mengurangi nyeri dilakukan melalui dukungan emosional, teknik relaksasi, massage, dan penggunaan birth ball. Bayi lahir spontan, langsung menangis, gerakan aktif, berjenis kelamin laki-laki dengan berat badan 2.100 gram dan panjang badan 49 cm. Ditemukan laserasi perineum derajat II yang ditangani dengan penjahitan. Pada masa nifas dilakukan 5 kali kunjungan. Keluhan nyeri luka jahitan perineum dapat diatasi dengan teknik relaksasi. Asuhan nifas lainnya meliputi edukasi mobilisasi dini, perawatan luka, teknik menyusui, dan pijat oksitosin. Hasil asuhan menunjukkan involusi uterus normal, produksi ASI lancar, dan kondisi psikologis ibu baik. Pada masa neonatus dilakukan 4 kali kunjungan. Bayi termasuk kategori BBLR namun menunjukkan adaptasi yang baik karena lahir aterm kecil untuk masa kehamilan (KMK). Asuhan yang diberikan meliputi IMD, ASI eksklusif, perawatan tali pusat, imunisasi HB0, dan edukasi pijat bayi. Pada usia 24 hari berat badan bayi meningkat menjadi 1.500 gram. Pendekatan CoMC terbukti membantu mengatasi masalah pada masa kehamilan, persalinan, nifas, dan neonatus sehingga kondisi ibu dan bayi tetap sehat dan optimal.

Kata Kunci: Asuhan Kebidanan Komprehensif, kehamilan, persalinan, nifas, neonatus.

Referensi: 61 Referensi (2019–20225)

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

**FINAL PROJECT REPORT, JUNE 2026
KARTIKA FRISILA BR GINTING**

**COMPREHENSIVE MIDWIFERY CARE FOR Mrs. W AT KLINK JAMBU
MAWAR PEKANBARU IN 2026**

xvi ±174 Pages, 7 Tables,10 Picture,10 Appendices

ABSTRACT

Comprehensive midwifery care is a continuous service provided throughout pregnancy, childbirth, postpartum, and neonatal periods to improve maternal and infant health and enable early detection of complications. This case study aimed to provide comprehensive midwifery care to Mrs. W, G1P0A1H0, at Jambu Mawar Clinic, Pekanbaru City, from January to March 2026 using a midwifery management approach. During pregnancy, three antenatal visits were conducted. The mother experienced discomforts including lower back pain, lower abdominal pain, and sleep disturbances, which were managed through education on proper sleeping positions. Labor occurred normally at 40 weeks of gestation. Pain management interventions included emotional support, relaxation techniques, massage, and the use of a birth ball. A male infant was born spontaneously, cried immediately after birth, and showed active movements, with a birth weight of 2,100 grams and a length of 49 cm. A second-degree perineal laceration was identified and treated with suturing. During the postpartum period, five visits were conducted. Complaints of perineal wound pain were managed using relaxation techniques. Other postpartum care included education on early mobilization, wound care, breastfeeding techniques, and oxytocin massage. The results showed normal uterine involution, adequate breast milk production, and good maternal psychological condition. Four neonatal visits were conducted. The infant was categorized as having low birth weight (LBW) but demonstrated good adaptation as a term infant small for gestational age (SGA). Care provided included early initiation of breastfeeding, exclusive breastfeeding, umbilical cord care, HB0 immunization, and infant massage education. At 24 days of age, the infant's weight increased to 1,500 grams. The CoMC approach proved effective in addressing problems during pregnancy, childbirth, postpartum, and neonatal periods, resulting in optimal maternal and infant health outcomes.

Keywords: *Comprehensive Midwifery Care, pregnancy, childbirth, postpartum, neonate.*

Referensi: *61 Referensi (2019–2025)*