

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

**LAPORAN TUGAS AKHIR, JUNI 2026
HANNY KHAIRANI GUSDINE**

**ASUHAN KEBIDANAN KOMPREHENSIF PADA NY. E DI KLINIK
PRATAMA TAMAN SARI 2 KOTA PEKANBARU TAHUN 2025**

xiii + 164 Halaman, 6 Tabel, 10 Lampiran

ABSTRAK

Bidan berperan penting dalam memberikan pelayanan ibu dan anak secara menyeluruh dan berkesinambungan. Asuhan komprehensif ini dilakukan untuk mendeteksi dini dan mencegah komplikasi pada masa kehamilan, persalinan, nifas dan neonatus. Asuhan komprehensif pada Ny. E usia 24 tahun G1P0A0H0 diberikan di Klinik Pratama Taman Sari 2 Kota Pekanbaru dari bulan Oktober-Desember 2025. Pada kehamilan, dilakukan tiga kali asuhan antenatal dan Ny. E mengalami kram perut bagian bawah. Asuhan yang diberikan yaitu lakukan tidur berbaring miring ke kiri, hindari gerakan tiba-tiba dan beri KIE sehingga keluhan dapat diatasi. Pada masa persalinan dilakukan pendampingan persalinan normal sesuai Asuhan Persalinan Normal (APN) serta teknik relaksasi dan mengusap punggung ibu untuk mengurangi rasa nyeri. Bayi lahir normal dengan berat badan lahir 2.900 gram dan panjang badan 49 cm, plasenta lahir lengkap. Pada masa nifas, dilakukan empat kali kunjungan dan Ny. E mengalami retensi urine >1.000cc dengan keluhan nyeri pada bekas jahitan serta belum BAK. Asuhan yang diberikan meliputi kateterisasi, pijat oksitosin, KIE menyusui dan ASI eksklusif, teknik menyusui, skrining *Edinburgh Postnatal Depression Scale* (EPDS) dengan skor 2 yang artinya ibu tidak mengalami depresi postpartum, serta konseling mengenai keluarga berencana. Ny. E memilih akseptor KB suntik 3 bulan. Pada masa neonatus dilakukan tiga kali kunjungan dengan asuhan perawatan bayi baru lahir serta pijat bayi. Bayi menyusu dengan baik dan mengalami peningkatan berat badan sebesar 500 gram pada hari ke-24. Diharapkan tenaga kesehatan khususnya bidan dapat melakukan asuhan kebidanan secara berkesinambungan dan berkelanjutan dimulai dari masa kehamilan, persalinan, nifas dan neonatus.

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

Referensi : 52 Referensi (2016-2025)

**ABSMINISTRY OF HEALTH REPUBLIC OF INDONESIA
HEALTH POLYTECHNIC RIAU
DIII MIDWIFERY STUDY PROGRAM**

**FINAL PROJECT REPORT, JUNE 2026
HANNY KHAIRANI GUSDINE**

**COMPREHENSIVE MIDWIFERY CARE FOR MRS. E AT TAMAN SARI
2 PRIMARY CLINIC, PEKANBARU CITY, 2025
xiii + 164 Pages, 6 Tables, 10 Attachments**

ABSTRACT

Midwives play an important role in providing comprehensive and continuous maternal and child health care. Comprehensive midwifery care aims to facilitate early detection and prevention of complications during pregnancy, childbirth, the postpartum period, and the neonatal period. Comprehensive midwifery care was provided to Mrs. E, a 24-year-old G1P0A0H0 woman, at Taman Sari 2 Primary Clinic, Pekanbaru City, from October to December 2025. During pregnancy, three antenatal care visits were conducted, and Mrs. E experienced lower abdominal cramps. The care provided included advising her to rest in a left lateral position, avoid sudden movements, and providing appropriate health education, which successfully relieved her complaint. During labor, normal childbirth was managed according to the standards of Normal Childbirth Care (Asuhan Persalinan Normal/APN), accompanied by relaxation techniques and back massage to reduce pain. The baby was delivered normally with a birth weight of 2,900 grams and a body length of 49 cm, and the placenta was delivered completely. During the postpartum period, four visits were conducted. Mrs. E experienced urinary retention of more than 1,000 mL, accompanied by pain at the perineal suture site and an inability to urinate. The care provided included catheterization, oxytocin massage, education on breastfeeding and exclusive breastfeeding, breastfeeding techniques, screening using the Edinburgh Postnatal Depression Scale (EPDS) with a score of 2, indicating no postpartum depression, and counseling regarding family planning. Mrs. E chose the three-month injectable contraceptive method. During the neonatal period, three visits were conducted, including newborn care and infant massage. The baby breastfed well and experienced a weight gain of 500 grams by the 24th day of life. Continuous and comprehensive midwifery care from pregnancy through childbirth, the postpartum period, and the neonatal period is expected to be consistently provided by healthcare professionals, particularly midwives, to support the health and well-being of mothers and infants.

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

References: 52 References (2016–2025)

