

# ASUHAN KEBIDANAN BERKESINAMBUNGAN PADA NY.S UMUR 28 TAHUN MULTIPARA DI PMB EMI NARIMAWATI BANTUL

## YOGYAKARTA

Meli Nur Khotimah<sup>1</sup>, Ika Fitria Ayuningtyas, S.SiT.,M.Kes<sup>2</sup>

### RINGKASAN

**Latar belakang:** Kehamilan merupakan proses yang alamiah. Masa kehamilan dimulai dari konsepsi sampai lahirnya janin. Lamanya hamil normal adalah 280 hari (40 minggu atau 9 bulan 7 hari) dihitung dari hari pertama haid terakhir. Anemia semasa kehamilan dapat disebut dengan ibu hamil yang menderita kekurangan zat besi di dalam darahnya dengan kadar hemoglobin (Hb) <11 gr% dalam trimester kesatu serta ketiga, sebaliknya dalam trimester ke-2 dengan ketentuan hemoglobin <10,5 gr%. Salah satu program penanggulangan anemia adalah dengan pemberian Tablet Tambah Darah (TTD).

**Tujuan:** Memberikan asuhan kebidanan berkesinambungan pada Ny. S usia 28 tahun multipara pendampingan dimulai dari masa kehamilan, persalinan, nifas, BBL, serta neonatus di PMB Emi Narimawati Pleret Bantul.

**Metode:** Metode penelitian yang digunakan dalam penelitian ini adalah penelitian deskriptif dengan studi penelitian kasus (*Case Study*).

**Hasil:** Telah dilakukan Asuhan Berkesinambungan pada Ny S usia 28 tahun dengan usia kehamilan 39 minggu 6 hari sebanyak 1 kali. Hasil pengkajian Ny S mempunyai riwayat anemia pada kehamilan sebelumnya, telah diberikan terapi tablet FE selama hamil. Persalinan Ny S spontan pukul 20.40 WIB, jenis kelamin laki laki, BB: 3.100 gram, PB: 48 cm, LK: 34cm, LD: 33cm menangis kuat tonus otot aktif diberikan asuhan komplementer teknik relaksasi dan pijat effelurage pada ibu. Kunjungan nifas dilakukan 4 x, pada KF 1 terdapat masalah putting susu datar, telah diberikan KIE perawatan payudara dan modifikasi spuit masalah teratasi serta diberikan asuhan komplementer berupa pijat oksitosin, senam kegel, senam nifas. Pada bayi Ny S tidak mengalami keluhan, KN 2 terdapat ikterus fisiologis diberikan KIE cara mengatasi ikterus dengan memberikan ASI Eksklusif pada bayi serta memberikan komplementer berupa pijat bayi sehat.

**Kesimpulan:** Asuhan Kebidanan Berkesinambungan diberikan pada Ny S dari kehamilan, persalinan, nifas, BBL, neonatus serta asuhan pelayanan kebidanan komplementer sesuai dengan standar asuhan pelayanan kebidanan.

**Kata Kunci:** Asuhan Berkesinambungan, Multipara, Anemia.

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<sup>1</sup>Mahasiswa kebidanan (D-3) Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

**CONTINUOUS MIDWIFERY CARE FOR MRS. S AGED 28 YEARS  
MULTIPARA AT PMB EMI NARIMAWATI BANTUL  
YOGYAKARTA**

Meli Nur Khotimah<sup>1</sup>, Ika Fitria Ayuningtyas, S.SiT.,M.Kes<sup>2</sup>

**ABSTRAK**

**Background:** Pregnancy is a natural process. The gestation period starts from conception until the birth of the fetus. The normal duration of pregnancy is 280 days (40 weeks or 9 months 7 days) calculated from the first day of the last menstruation. Anemia during pregnancy can be called pregnant women who suffer from iron deficiency in their blood with hemoglobin (Hb) levels <11 gr% in the first and third trimesters, conversely in the second trimester with the provision of hemoglobin <10.5 gr%. One of the anemia control programs is by providing Iron Supplement Tablets (TTD).

**Objective:** To provide continuous midwifery care to Mrs. S, a 28-year-old multipara, with support starting from pregnancy, childbirth, postpartum, newborn, and neonates at PMB Emi Narimawati Pleret Bantul.

**Method:** The research method used in this study is descriptive research with a case study.

**Result:** Continuous Care has been carried out on Mrs. S aged 28 years with a gestational age of 39 weeks 6 days as many as 1 time. The results of the assessment Mrs. S has a history of anemia in previous pregnancies, has been given FE tablet therapy during pregnancy. Mrs. S's spontaneous delivery at 20.40 WIB, male gender, BB: 3,100 grams, PB: 48 cm, LK: 34cm, LD: 33cm crying strongly active muscle tone given complementary care relaxation techniques and effelurage massage to the mother. Postpartum visits were carried out 4 times, in KF 1 there was a problem of flat nipples, KIE breast care and syringe modification were given the problem was resolved and complementary care was given in the form of oxytocin massage, Kegel exercises, postpartum exercises. Mrs. S's baby did not experience any complaints, KN 2 there was physiological jaundice given KIE how to overcome jaundice by giving Exclusive Breast Milk to the baby and providing complementary in the form of healthy baby massage.

**Conclusion:** Continuous Midwifery Care was provided to Mrs. S from pregnancy, childbirth, postpartum, BBL, neonate and complementary midwifery care services in accordance with midwifery care standards.

**Keywords:** Continuous Care, Multipara, Anemia.

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<sup>1</sup>Mahasiswa kebidanan (D-3) Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen Kebidanan Universitas Jenderal Achmad Yani Yogyakarta