

**ASUHAN KEBIDANAN BERKESINAMBUNGAN PADA NY R UMUR 35
TAHUN MULTIPARA DI PMB TUTIK PURWANI
SLEMAN YOGYAKARTA**

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RINGKASAN

Latar Belakang: Wanita hamil akan merasakan ketidaknyamanan pada trimester ketiga salah satunya adalah nyeri punggung. Dampak nyeri punggung apabila tidak diatasi ini bisa mengakibatkan nyeri punggung jangka panjang, meningkatkan kecenderungan nyeri punggung pasca partum dan nyeri punggung kronis yang akan lebih sulit untuk diobati. Cara pencegahannya bisa dilakukan dengan kompres hangat, pijat dan yoga cat cow & pose.

Tujuan Penelitian: Mampu Memberikan Asuhan Kebidanan Berkesinambungan Pada Ny R Umur 35 Tahun Multipara di PMB Tutik Purwani Sleman Yogyakarta

Metode Penelitian: Asuhan berkesinambungan dengan metode deskriptif dan jenis laporan study kasus.

Hasil Penelitian: Sudah di berikan asuhan berkesinambungan mulai dari kehamilan sampai masa nifas. Pendamping kehamilan dilakukan sebanyak 2 kali, dari hasil pemeriksaan Ny R mengalami keluhan nyeri punggung dan di lakukan kompres hangat, dan yoga. bersalin pada tanggal 25 Maret 2024 di PMB Tutik Purwani secara spontan dan dilakukan asuhan pijat *effleurage* pada kala I. Bayi lahir pukul 04.39 WIB Jenis kelamin perempuan BB 3200 gram PB 48cm Apgar Score 8/9/10 dan dilakukan rawat gabung di ruang flamboyan. Asuhan nifas dilakukan sebanyak empat kali kunjungan dan tidak ditemukan masalah, komplementer yang diberikan berupa pijat nifas, Asuhan neonatus dilakukan sebanyak tiga kali kunjungan dan tidak ditemukan masalah, komplementer yang diberikan berupa pijat bayi.

Kesimpulan: Asuhan kebidanan komprehensif yang telah dilakukan pada Ny. R dari kehamilan, persalinan, nifas, dan neonatus sesuai dengan standar pelayanan kebidanan.

Kata kunci: Kehamilan, Ketidaknyamanan Trimester III

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**SUSTAINABLE MIDWIFERY CARE FOR NY RAGES AGE 35
MULTIPARA YEAR AT PMB TUTIK PURWANI
SLEMAN YOGYAKARTA**

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ABSTRACT

Background: Pregnant women often experience discomfort During the third trimester including back pain. If not addressed, back pain can lead to long-term issues, increased risk of postpartum back pain, and chronic back pain that is more difficult to treat. Preventive measures include warm compresses, massage, and specific yoga poses such as cat-cow and pose.

Objective: To provide sustained midwifery care for Mrs. R, aged 35, multipara, at PMB Tutik Purwani, Sleman, Yogyakarta.

Methods: Sustained care was provided using a descriptive method and case study report.

Results: Comprehensive midwifery care was provided from pregnancy through the postpartum period. Prenatal care included two visits, during which Mrs. R reported back pain and received warm compresses and yoga. She delivered spontaneously on March 25, 2024, at PMB Tutik Purwani, with effleurage massage provided during the first stage of labor. The baby was born at 04:39 WIB, female, weighing 3200 grams, measuring 48 cm, with Apgar scores of 8/9/10, and was placed in rooming-in care in the Flamboyan room. Postnatal care involved four visits, with no issues found, and complementary care included postpartum massage. Neonatal care involved three visits, with no issues found, and complementary care included infant massage.

Conclusion: The comprehensive midwifery care provided to Mrs. R throughout pregnancy, labor, postpartum, and neonatal periods was consistent with midwifery care standards.

Keywords: Pregnancy, Third Trimester Discomfort.

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