

# ASUHAN KEBIDANAN BERKESINAMBUNGAN PADA NY. K UMUR 30 TAHUN MULTIPARA DI PMB APPI AMMELIA KASIHAN BANTUL YOGYAKARTA

Vina Kusuma Dewi<sup>1</sup>, Silvia Ari Agustina<sup>2</sup>

## INTISARI

**Latar belakang:** Ketidaknyamanan nyeri punggung pada kehamilan trimester (TM) III di Indonesia mencapai 80%, nyeri punggung pada ibu hamil akan berdampak negatif bila tidak diatasi. Penatalaksanaan yoga hamil dan *massage effleurage* dapat mengurangi nyeri punggung saat hamil. Asuhan berkesinambungan dari kehamilan, persalinan, nifas, dan bayi baru lahir dapat mencegah dan mengatasi masalah atau komplikasi kesehatan ibu dan bayi.

**Tujuan:** Memberikan asuhan berkesinambungan pada Ny. K umur 30 tahun multipara di PMB Appi Ammelia Kasihan Bantul Yogyakarta.

**Metode:** Metode penelitian yang digunakan yaitu metode deskriptif dengan jenis penelitian studi kasus dan memberikan asuhan berkesinambungan secara *Continuity Of Care* (COC) dari kehamilan, persalinan, nifas, dan bayi baru lahir dengan pengambilan data melalui anamnesa, pemantauan, pemeriksaan fisik, pemeriksaan penunjang, dan dokumentasi saat pendampingan.

**Hasil:** Asuhan kebidanan yang dilakukan saat hamil ditemukan bahwa Ny. K mengalami ketidaknyamanan nyeri punggung pada TM III, untuk mengatasi keluhan tersebut, diberikan asuhan komplementer *massage effleurage* dan yoga hamil. Pada saat *Intranatal Care* (INC) dari kala I-IV berlangsung normal dengan lama persalinan 8 jam 49 menit, serta diberikan asuhan komplementer *massage counterpressure*. Pada saat *Postnatal Care* (PNC) dari Kunjungan Nifas (KF) 1-4 tidak terdapat keluhan dan dalam batas normal, serta diberikan asuhan komplementer pijat oksitosin. Pada saat Kunjungan Neonatus (KN) 1-3, bayi tidak mengalami keluhan dan status kesehatan baik, serta diberikan asuhan komplementer pijat bayi.

**Kesimpulan:** Asuhan kebidanan berkesinambungan pada Ny. K dari masa kehamilan, persalinan, nifas, dan bayi baru lahir sesuai pada standar pelayanan asuhan kebidanan tanpa adanya kesenjangan teori dan praktik, serta diberikan asuhan komplementer *massage effleurage*, yoga hamil, *massage counterpressure*, pijat oksitosin, dan pijat bayi sesuai kebutuhan.

**Kata kunci:** Asuhan Berkesinambungan, Ketidaknyamanan nyeri punggung

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## **ABSTRACT**

**Background:** *The discomfort of back pain in the third trimester of pregnancy in Indonesia reaches 80%, back pain in pregnant women will have a negative impact if not resolved. Pregnant yoga and effleurage massage can reduce back pain during pregnancy. Continuous care from pregnancy, childbirth, postpartum, and newborns can prevent and overcome health problems or complications for mothers and babies.*

**Purpose:** *Providing continuous care to Mrs. K, 30 years old, multiparous at PMB Appi Ammelia Kasihan Bantul Yogyakarta.*

**Method:** *The research method used is a descriptive method with a case study research type and provides continuous care through Continuity Of Care (COC) from pregnancy, childbirth, postpartum, and newborns by collecting data through anamnesis, monitoring, physical examination, supporting examination, and documentation during assistance.*

**Results:** *Midwifery care carried out during pregnancy found that Mrs. K experienced discomfort in back pain in TM III, to overcome Mrs. K's complaints, complementary care was given in the form of effleurage massage and pregnancy yoga. During Intranatal Care (INC) from stage I-IV, it was normal with a labor duration of 8 hours 49 minutes, and complementary care was given in the form of counterpressure massage. During Postnatal Care (PNC) from KF 1-4, there were no complaints and were within normal limits, and complementary care was given in the form of oxytocin massage. During the baby's visit from KN 1-3, the baby did not experience any complaints and had good health status, and complementary care was given in the form of baby massage.*

**Conclusion:** *Continuous midwifery care for Mrs. K from pregnancy, childbirth, postpartum, and newborn in accordance with midwifery care service standards, there is no gap between theory and practice, and complementary care is provided in the form of effleurage massage, pregnancy yoga, counterpressure massage, oxytocin massage, and baby massage as needed.*

**Keywords:** *Continuity of Care, Back pain discomfort*

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