

ASUHAN KEBIDANAN BERKESINAMBUNGAN PADA NY D UMUR 27 TAHUN MULTIPARA DI KLINIK PRATAMA SHAQI SLEMAN YOGYAKARTA

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INTISARI

Latar Belakang : Kehamilan, persalinan, nifas dan bayi baru lahir merupakan proses alamiah. Perubahan yang terjadi kepada ibu selama masa kehamilan bersifat fisiologis. Ibu hamil trimester III pada umumnya mengalami ketidaknyamanan nyeri punggung yang dapat mengganggu rutinitas sehari-hari. Upaya penanganan pada ketidaknyamanan nyeri punggung yaitu memberikan yoga hamil.

Tujuan : Memberikan asuhan kebidanan berkesinambungan pada Ny D umur 27 tahun multipara di Klinik Pratama Shaqi Sleman Yogyakarta

Hasil : Asuhan kebidanan berkesinambungan yang telah dilakukan pada Ny. D dimulai dari UK 29-38 mg, K1 UK : 29 mg, hasil pemeriksaan presentasi bokong diberikan KIE cara mengatasinya dan posisi *knee chest*, keluhan nyeri punggung diberikan KIE penyebab dan cara mengatasinya serta memberikan komplementer yoga hamil. K2 UK : 31 mg, keluhan nyeri punggung berkurang memberikan KIE dan serta memberikan komplementer yoga hamil. K3 UK : 31⁺² mg normal. K4 UK : 35⁺⁵ mg normal. K5 UK : 38⁺³ mg normal. INC Kala I fase aktif berlangsung 1 jam 30 menit terjadi partus presipitatus, diberikan asuhan komplementer *massage efflurage* dan teknik relaksasi nafas dalam. Kala II bayi lahir normal. Kala III normal 5 menit. kala IV normal 2 jam. KF I normal, KF II diberikan komplementer pijat oksitosin, KF III diberikan asuhan komplementer yoga nifas. KF IV diberikan konseling KB. KN I,II,III bayi normal dan diberikan komplementer pijat bayi.

Kesimpulan : Asuhan kebidanan secara berkesinambungan dari kehamilan, persalinan, nifas, dan bayi baru lahir sudah dilakukan sesuai standar pelayanan kebidanan. Fungsi COC yaitu memberikan perlindungan berupa deteksi dini faktor resiko, pencegahan dan penanganan dini komplikasi kehamilan, salah satu upaya yang dapat mengoptimalkan deteksi risiko tinggi maternal dan neonatal secara promotif dan preventif.

Kata Kunci : Asuhan Berkesinambungan, Multipara, Ketidaknyamanan

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**SUSTAINABLE MIDWIFERY CARE FOR NY D AGE 27 YEARS
MULTIPARA AT PRATAMA SHAQI CLINIC
SLEMAN YOGYAKARTA**

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ABSTRACT

Background: *Pregnancy, childbirth, postpartum and newborn babies are natural processes. The changes that occur to the mother during pregnancy are physiological. Third trimester pregnant women generally experience the discomfort of back pain which can disrupt their daily routine. Efforts to treat the discomfort of back pain include pregnancy yoga.*

Objective: *To provide continuous midwifery care to Mrs D aged 27 years, multiparous at the Pratama Shaqi Clinic, Sleman, Yogyakarta.*

Results: *Continuous midwifery care has been provided to Mrs. D starts from UK 29-38 mg, K1 UK: 29 mg, the results of the breech presentation examination are given KIE how to deal with it and knee chest position, complaints of back pain are given KIE causes and how to deal with it and provide complementary pregnancy yoga. K2 UK: 31 mg, reduced complaints of back pain by providing IEC and also providing complementary pregnancy yoga. K3 UK: 31+2 mg normal. K4 UK: 35+5 mg normal. K5 UK: 38+3 mg normal. INC Stage I active phase lasts 1 hour 30 minutes, partus precipitatus occurs, complementary care is provided with massage efflurage and deep breathing relaxation techniques. Second stage the baby was born normal. Stage III is normal 5 minutes. IV stage is normal 2 hours. KF I was normal, KF II was given complementary oxytocin massage, KF III was given complementary postpartum yoga care. KF IV was given family planning counseling. KN I, II, III babies are normal and given complementary baby massage.*

Conclusion: *Continuous midwifery care from pregnancy, childbirth, postpartum and newborn babies has been carried out according to midwifery service standards. The COC is function provides protection in the form of early detection of risk factors, prevention and early treatment of pregnancy complications, one of the efforts that can optimize the detection of high maternal and neonatal risks in a promotive and preventive manner.*

Keywords: *Continuous Care, Multipara, Discomfort*

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