

**ASUHAN KEBIDANAN BERKESINAMBUNGAN PADA NY. Y
UMUR 23 TAHUN MULTIPARA DI PMB WIDAWATI RAHAYU
KABUPATEN SLEMAN YOGYAKARTA**

Okky Indriana Sari¹, Dian Puspitasari²

RINGKASAN

Latar Belakang : Angka kegagalan KB termasuk berpotensi pada kehamilan beresiko menyebabkan jarak terlalu dekat yang dapat menimbulkan permasalahan pada masa kehamilan bahkan persalinan. Tingkat kegagalan KB di Indonesia mencapai sekitar 10% hingga 20%. DIY angka kegagalan mencapai sekitar 15% hingga 20%. Kabupaten Sleman angka tertinggi kedua di DIY setelah Kabupaten Kulon Progo PMB Widawati Rahayu di Kalurahan Wonokerto menjadi fasilitas kesehatan utama bagi masyarakat, tetapi masih menghadapi kendala akses di kawasan rawan bencana. Tingginya angka kehamilan berisiko di Sleman memerlukan perhatian khusus untuk meningkatkan kesehatan ibu dan bayi.

Tujuan : Memberikan asuhan kebidanan yang menyeluruh secara berkelanjutan selama periode kehamilan, persalinan, perawatan bayi baru lahir, masa nifas, hingga pemilihan metode kontrasepsi pada Ny. Y multigravida usia 23 tahun, di PMB Widawati Rahayu.

Metode : Jenis penelitian yang digunakan studi kasus termasuk dalam penelitian deskriptif

Hasil : Asuhan kebidanan berkesinambungan pada Ny. Y dilakukan melalui 4 kunjungan selama kehamilan mulai usia 36 minggu 6 hari hingga 40 minggu 5 hari, dengan fokus pada penanganan ketidaknyamanan ibu dan penerapan prenatal yoga. Persalinan berlangsung normal, di mana ibu diberikan deep back massage dan teknik relaksasi pernapasan untuk mengurangi nyeri. Kunjungan nifas dilakukan sebanyak empat kali, di mana pijat oksitosin diberikan untuk meningkatkan produksi ASI. Selain itu, tiga kunjungan untuk neonatus telah dilakukan, dengan asuhan pijat bayi untuk mendukung perkembangan bayi. Ibu belum menggunakan KB dan berminat menggunakan Impant.

Kesimpulan : Asuhan Kebidanan Continuity Of Care yang dilakukan selama masa kehamilan hingga nifas dan perencanaan KB sesuai dengan standar pelayanan kebidanan.

Kata Kunci : Asuhan Berkesinambungan, Multigravida, Kebidanan

¹Mahasiswa Pendidikan Profesi Bidan Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Pendidikan Profesi Bidan Universitas Jenderal Achmad Yani Yogyakarta

**CONTINUOUS MIDWIFERY CARE FOR MRS. Y AGED 23 YEARS
MULTIPARA AT MIDWIFERY PRACTICE (PMB) WIDAWATI RAHAYU
SLEMAN YOGYAKARTA**

Okky Indriana Sari¹, Dian Puspitasari²

ABSTRACT

Background : The failure rate of contraception, including the potential for high-risk pregnancies with close birth spacing, can lead to problems during pregnancy and childbirth. The contraceptive failure rate in Indonesia is around 10% to 20%. In the Special Region of Yogyakarta (DIY), the failure rate reaches approximately 15% to 20%. Sleman Regency has the second highest failure rate in DIY after Kulon Progo Regency. Widawati Rahayu Midwifery Clinic in Wonokerto Village is the primary health facility for the community but still faces access challenges in disaster-prone areas. The high rate of high-risk pregnancies in Sleman requires special attention to improve maternal and infant health.

Objective : To provide comprehensive and continuous midwifery care throughout the periods of pregnancy, childbirth, newborn care, postpartum, and contraceptive method selection for Mrs. Y, a 23-year-old multigravida, at Widawati Rahayu Midwifery Clinic.

Methods : This study used a case study design, which is a type of descriptive research.

Results : Continuous midwifery care for Mrs. Y was conducted through four visits during pregnancy, starting from 36 weeks and 6 days to 40 weeks and 5 days, focusing on managing maternal discomfort and applying prenatal yoga. The delivery was normal, where the mother was given deep back massage and relaxation breathing techniques to reduce pain. Four postpartum visits were conducted, where oxytocin massage was given to increase milk production. In addition, three neonatal visits have been conducted, with infant massage care to support the baby's development. The mother has not used contraception and is interested in using implants.

Conclusion : The Continuity of Care Midwifery Care provided during pregnancy, postpartum, and contraceptive planning is in accordance with midwifery service standards.

Keywords : Continuous care, Multipara, Midwifery

¹A student pursuing a professional midwifery program at Universitas Jenderal Achmad Yani Yogyakarta.

²A lecturer in the midwifery professional education program at Universitas Jenderal Achmad Yani Yogyakarta.