

ASUHAN KEBIDANAN BERKESINAMBUNGAN PADA NY. N UMUR 39 TAHUN MULTIPARA DI KLINIK PRATAMA AMANDA GAMPING SLEMAN

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RINGKASAN

Latar belakang: Kehamilan pada trimester ketiga disebut dengan “periode penantian kewaspadaan” karena ibu hamil mulai merasa cemas dengan kehidupan bayi serta dirinya sendiri. Pada trimester ketiga ibu dapat mengalami ketidaknyamanan salah satunya sering buang air kecil yaitu meningkatnya frekuensi urine sebanyak 10 kali perhari. Kehamilan sangat rentan dalam kesehatan tidak hanya bagi ibu hamil namun juga keselamatan janin dalam kandungan. Saat kehamilan ibu dapat mengalami penyulit, salah satunya yaitu risiko tinggi, dimana keadaan yang dapat mempengaruhi kesehatan ibu dan janin lebih beresiko.

Tujuan: Memberikan dan menyelesaikan asuhan kebidanan berkesinambungan pada Ny. N umur 39 tahun Multipara di Klinik Pratama Amanda Gamping Sleman Yogyakarta.

Metode: Metode yang digunakan adalah penelitian deksritif dan jenis penelitian berupa studi kasus.

Hasil: Telah dilakukan asuhan kebidanan komprehensif pada Ny. N dari mulai usia kehamilan trimester ketiga 38 minggu 3 hari, kunjungan dilakukan sebanyak 2 kali, ditemukan usia 39 tahun yaitu risiko tinggi dan didapatkan ketidaknyamanan sering buang air kecil. Konseling yang diberikan yaitu tentang risiko tinggi, ketidaknyamanan sering buang air kecil, serta komplementer yoga hamil, dan senam kegel. Ny. N bersalin secara spontan asuhan yang diberikan yaitu asuhan persalinan normal, komplementer *massage* punggung, dan gymball. Saat nifas kunjungan sebanyak 4 kali, asuhan yang diberikan yaitu, perawatan perineum, teknik menyusui, dan komplementer pijat oksitosin. Kunjungan neonatus sebanyak 3 kali asuhan komplementer yang diberikan yaitu pijat bayi

Kesimpulan: Asuhan yang kebidanan komprehensif yang diberikan pada Ny. N mulai kehamilan, persalinan, nifas, neonatus sesuai standar pelayanan kebidanan.

Kata kunci : Asuhan Berkesinambungan, Multipara, Kebidanan

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CONTINUOUS MIDWIFERY CARE FOR MRS. N 39 YEARS OLD MULTIPARA AT KLINIK PRATAMA AMANDA GAMPING SLEMAN

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ABSTRACT

Background: Pregnancy in the third trimester is known as the “period of vigilance” because expectant mothers begin to feel anxious about the baby's life as well as their own. During the third trimester, mothers may experience discomfort, one of which is frequent urination with an increase in urine frequency up to 10 times a day. Pregnancy poses significant health risks not only to the mother but also to the safety of the fetus in the womb. Pregnant women may encounter complications, one of which is high risk, a condition that can affect both maternal and fetal health more severely.

Objective: To provide and complete continuous midwifery care for Mrs. N, 39 years old, multipara, at Pratama Amanda Clinic in Gamping Sleman Yogyakarta.

Method: The method used is descriptive research with a case study design.

Results: Comprehensive midwifery care has been provided to Mrs. N starting from the third trimester of pregnancy at 38 weeks and 3 days. There were 2 visits conducted, identifying her age of 39 years as a high-risk factor and noting her discomfort of frequent urination. Counseling provided included discussions on high-risk factors, discomfort due to frequent urination, as well as complementary practices such as prenatal yoga and Kegel exercises. Mrs. N delivered spontaneously, receiving normal delivery care, complementary back massages, and using a gym ball. Postpartum visits totaled 4, providing care for perineal care, breastfeeding techniques, and complementary oxytocin massage. Neonatal visits occurred 3 times, focusing on baby massages.

Conclusion: Comprehensive midwifery care provided to Mrs. N from pregnancy through delivery, postpartum, and neonatal stages adhered to midwifery service standards.

Keywords: Continuous Care, Multipara, Midwifery

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