

ASUHAN KEBIDANAN BERKESINAMBUNGAN PADA NY. E UMUR 28 TAHUN MULTIPARA DI KLINIK PURI ADISTY KOTA YOGYAKARTA

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RINGKASAN

Latar Belakang: Kehamilan trimester ketiga disebut sebagai “periode penantian”, dimana ibu hamil mulai menyadari bahwa kehadiran bayi terpisah dari dirinya sehingga tidak sabar menanti. Pada trimester ketiga ini, ibu hamil akan merasakan beberapa keluhan salah satunya adalah sulit tidur. Sulit tidur merupakan suatu gangguan menjelang persalinan yang disebabkan adanya penurunan kepala janin, nyeri punggung, pegal-pegal, kegelisahan atau kecemasan, dan kontraksi perut

Tujuan: Mampu melakukan asuhan kebidanan komprehensif pada Ny. E umur 28 tahun multipara di Klinik Pratama Puri Adisty Yogyakarta sesuai dengan standar pelayanan kebidanan dengan pendekatan manajemen kebidanan dan pendokumentasian menggunakan metode SOAP.

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

Hasil: Telah dilakukan asuhan kebidanan komprehensif pada Ny. E mulai dari usia kehamilan 41 minggu 1 hari, kunjungan dilakukan satu kali, ditemukan keluhan berupa gangguan sulit tidur, kemudian diberikan konseling gangguan sulit tidur menjelang persalinan. Persalinan Ny. E secara spontan dan asuhan yang diberikan adalah asuhan persalinan normal, serta komplementer berupa pijat efflurage. Asuhan nifas dilakukan sebanyak empat kali kunjungan, ditemukan masalah pada KF 3 yaitu ASI sedikit diberikan komplementer berupa pijat oksitosin. Asuhan neonatus dilakukan sebanyak tiga kali kunjungan, ditemukan masalah pada KN 2 bayi ikterik diberikan konseling bayi ikterik, KN 3 bayi rewel diberikan komplementer berupa pijat bayi rewel.

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

Kata Kunci: Asuhan berkesinambungan, Gangguan Sulit Tidur Menjelang Persalinan

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ABSTRAK

Background: *The third trimester of pregnancy is referred to as the "waiting period", where pregnant women begin to realize that the presence of the baby is separate from themselves so they cannot wait. In the third trimester, pregnant women will experience several complaints, one of which is difficulty sleeping. Difficulty sleeping is a disturbance before delivery caused by the lowering of the fetal head, back pain, aches, restlessness or anxiety, and abdominal contractions.*

Objective: *Able to provide comprehensive midwifery care for Mrs. E, 28 years old, multipara at the Pratama Puri Adisty Clinic, Yogyakarta, complies with midwifery service standards with a midwifery management approach and documentation using the SOAP method.*

Method: *The method used is a descriptive research method and the type of research is a case study.*

Results: *Comprehensive midwifery care has been provided for Mrs. E started at 41 weeks 1 day of pregnancy, the visit was made once, complaints were found in the form of difficulty sleeping, then counseling was given for insomnia before delivery. Birth of Mrs. E spontaneously and the care provided was normal birth care, as well as complementary care in the form of efflurage massage. Postpartum care was carried out four times, a problem was found in KF 3, namely that little breast milk was given as a complement in the form of oxytocin massage. Neonatal care was carried out in three visits, problems were found in KN 2 icteric babies were given counseling for icteric babies, KN 3 fussy babies were given complementary massage for fussy babies.*

Conclusion: *Comprehensive midwifery care has been provided to Mrs. E from pregnancy, childbirth, postpartum and neonates in accordance with midwifery service standards.*

Keywords: *Continuous care, Difficulty Sleeping Before Childbirth*

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