

**ASUHAN KEBIDANAN BERKESINAMBUNGAN PADA NY F
UMUR 30 TAHUN PRIMIPARA DI PMB APPI AMMELIA
KASIHAN BANTUL YOGYAKARTA**

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RINGKASAN

Latar Belakang: Ketidaknyamanan sering buang air kecil merupakan hal yang umum di alami oleh seorang ibu hamil, karena disebabkan oleh janin yang bertambah besar sehingga menekan kandung kemih, hal ini jika tidak segera di tangani dengan baik akan menyebabkan infeksi saluran kemih yang berbahaya untuk kesehatan ibu dan janin. Dari hal tersebut perlu adanya pemberian asuhan kebidanan berkesinambungan dari masa kehamilan, persalinan, neonatus dan nifas.

Tujuan: Agar mampu menerapkan pelayanan secara komprehensif pada asuhan kebidanan yang sesuai standar asuhan kebidanan pada pasien Ny. F umur 30 tahun primipara di PMB Appi Ammelia Kasihan Bantul.

Metode: Metode yang di lakukan dalam penelitian ini yaitu menggunakan metode deskriptif, dengan jenis penelitian telaah kasus.

Hasil: Ny. F umur 30 tahun usia kehamilan 38⁺⁶ minggu merupakan kunjungan ANC ke 12 dengan keluhan sering buang air kecil (BAK), asuhan yang telah diberikan yaitu cara mengatasi ketidaknyamanan sering buang air kecil. Pada kunjungan ANC ke 13 keluhan yang dirasakan sudah tertangani, serta diberikan asuhan komplementer yoga hamil. Persalinan Ny. F pada usia kehamilan 40⁺¹ minggu secara normal, dengan lama kala I 8 jam, kala II 20 menit, Kala III 8 menit, kala IV 2 jam, telah diberikan asuhan pertolongan persalinan serta asuhan komplementer *message counter pressure*. Kunjungan neonatus dilakukan sebanyak 3 kali, pada KN 2 bayi mengalami penurunan berat badan 80 gram dan masih dalam batas normal. Pada KN 3 berat badan bayi naik 255 gram, dan diberikan asuhan komplementer pijat bayi. Kunjungan nifas Ny. F dilakukan sebanyak 4 kali, selama kunjungan Ny. F tidak ada keluhan dan pengembalian uterus berjalan dengan normal pada KF 3 serta laserasi menyatu dengan sempurna di KF ke 3. Pada masa nifas Ny. F diberikan asuhan komplementer pijat oksitosin.

Kesimpulan: Asuhan kebidanan berkesinambungan pada Ny. F umur 30 tahun selama kehamilan, persalinan, neonatus dan nifas dengan hasil ibu dan bayi dalam keadaan normal, serta pemberian asuhan sesuai dengan standar asuhan yang di terapkan dan ditambah asuhan komplementer sesuai dengan kebutuhan.

Kata kunci: Kehamilan, primipara, ketidaknyamanan trimester III.

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CONTINUOUS MIDWIFERY CARE FOR 30 YEARS OLD PRIMIPARA IN PMB APPI AMMELIA KASIHAN BANTUL YOGYAKARTA

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ABSTRAK

Background: Discomfort from frequent urination is a common experience for pregnant women, as it is caused by the growing fetus pressing on the bladder. If not addressed properly and promptly, this can lead to urinary tract infections, which are dangerous for the health of both the mother and the fetus. From this, there is a need for continuous midwifery care from the period of pregnancy, childbirth, neonate, and postpartum.

Objective: To be able to implement comprehensive care in midwifery services that meet the standards of midwifery care for patient Mrs. F, a 30-year-old primipara, at the Appi Ammelia Maternity Clinic in Kasihan, Bantul.

Method: The method used in this research is descriptive, with a case study type of research.

Result: Mrs. F, 30 years old, at 38+6 weeks of pregnancy, is attending her 12th ANC visit with complaints of frequent urination. The care provided includes methods to manage the discomfort of frequent urination. At the 13th ANC visit, the complaints have been addressed, and complementary care in the form of prenatal yoga has been provided. Mrs. F gave birth at 40+1 weeks of pregnancy through a normal delivery, with the first stage lasting 8 hours, the second stage 20 minutes, the third stage 8 minutes, and the fourth stage 2 hours. She received labor assistance and complementary care through massage counter pressure. The newborn visit was conducted three times. At the second visit, the baby experienced a weight loss of 80 grams, which is still within normal limits. At the third visit, the baby's weight increased by 255 grams, and complementary care in the form of baby massage was provided. The postpartum visits for Mrs. F were conducted four times. During these visits, Mrs. F had no complaints, and the uterine involution progressed normally by the third visit, with the laceration healing perfectly by the third visit as well. During the postpartum period, Mrs. F received complementary care through oxytocin massage.

Conclusion: Continuous midwifery care for Mrs. F, aged 30, throughout pregnancy, childbirth, neonatal care, and the postpartum period resulted in both mother and baby being in normal condition, with care provided according to the established standards and supplemented with complementary care as needed.

Keywords: Pregnancy, primipara, third trimester discomfort.

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