

**ASUHAN KEBIDANAN BERKESINAMBUNGAN PADA NY A UMUR 27
TAHUN PRIMIPARA DI PMB EMI NARIMAWATI
PLERET, BANTUL LAPORAN TUGAS AKHIR**

Vita Ningsih¹, Ristiana Eka Ariningtyas², Nur Rahmawati Sholihah³

RINGKASAN

Latar Belakang : *Abortus imminens* merupakan masalah serius bagi ibu hamil dan dapat menimbulkan efek psikologi seperti kekhawatiran, depresi, dan stress. Keadaan ini memerlukan pemantauan ketat terhadap perkembangan janin dan Kesehatan ibu untuk mengurangi risiko komplikasi di masa depan.

Tujuan : menerapkan asuhan berkesinambungan pada Ny.A 27 tahun primipara di PMB Emi Narimawati, Pleret, Bantul

Metode : penelitian ini deskriptif, jenis penelitian studi kasus (*case study*)

Hasil : Anc Ny. A berlangsung dari usia 29-38 mg. Dimulai pada usia kehamilan 29 minggu, diberikan KIE tentang ketidaknyamanan kehamilan, diikuti KIE tentang tanda bahaya kehamilan pada usia kehamilan 34 minggu. Ibu menerima KIE tentang penanganan ketidaknyamanan pada usia kehamilan 36 minggu, diberikan yoga pada usia kehamilan 36 dan 37 minggu. Pada usia kehamilan 38 minggu diberikan KIE penanganan diare dan tanda persalinan. Ny. A menjalani proses persalinan secara pervaginam dan diberikan komplementer *deep back massage*. Selama nifas Ny.A diberikan asuhan dengan tambahan pijat oksitosin. Selain itu, diberikan konseling KB dan perawatan bayi sebanyak 3 kali kunjungan dan diberikan komplementer pijat bayi.

Kesimpulan : asuhan kebidanan berkesinambungan yang dilakukan kepada Ny.A memberikan efek yang positif. Ny.A mampu mengatasi ketidaknyamanan yang dirasakan selama kehamilan dengan berlatih yoga. Intervensi pada persalinan berupa APN dan *deep back massage* efektif untuk mengurangi rasa sakit dan meningkatkan kenyamanan. Pada *postnatal* diberikan tambahan pijat oksitosin agar meningkatkan produksi dan kelancaran ASI. Pemberian asuhan pijat bayi membantu bayi meningkatkan kualitas tidur dan berat badannya.

Kata kunci : Asuhan Berkesinambungan, Kebidanan, Primipara,

¹ Mahasiswa Pendidikan Profesi Bidan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Pendidikan Profesi Bidan Universitas Jenderal Achmad Yani Yogyakarta

³ Dosen Pendidikan Profesi Bidan Universitas Jenderal Achmad Yani Yogyakarta

**MIDWIFERY CONTINUITY OF CARE FOR MRS. A, 27-YEAR-OLD
PRIMIPARA, AT PRIVATE MIDWIFERY PRACTICE (PMB) EMI
NARIMAWATI, PLERET, BANTUL
FINAL ASSIGNMENT REPORT**

Vita Ningsih¹, Ristiana Eka Ariningtyas², Nur Rahmawati Sholihah³

ABSTRACT

Background: Abortus imminens is regarded as a serious issue for pregnant women and can lead to psychological effects such as anxiety, depression, and stress. This condition requires close monitoring of fetal development and maternal health in order to reduce the risk of future complications.

Objective: This study aims to implement the midwifery continuity of care for Mrs. A, a 27-year-old primipara at PMB Emi Narimawati, Pleret, Bantul.

Method: The current study employed a descriptive approach, specifically utilizing a case study design.

Results: Mrs. A's antenatal care (ANC) spanned from 29 to 38 weeks of gestation. Commencing at 29 weeks of pregnancy, she received Information, Education and Communication (IEC) on pregnancy discomfort, followed by IEC on signs of pregnancy complications at 34 weeks of gestation. Further IEC was provided on managing discomfort at 36 weeks of pregnancy, and arrangements were made for her to attend yoga sessions at 36 and 37 weeks of pregnancy. At 38 weeks of gestation, she received IEC on managing diarrhea and recognizing signs of labor. Mrs. A underwent a vaginal delivery and received complementary deep back massages. During the postpartum period, she received care with additional oxytocin massages. Additionally, she received family planning counseling and infant care during three follow-up visits, along with complementary infant massages.

Conclusion: The midwifery continuity of care provided to Mrs. A yielded positive results. She was able to manage pregnancy discomfort through yoga practice. Interventions during labor, such as Normal Childbirth Care and deep back massages, were effective in reducing pain and enhancing comfort. Postnatally, additional oxytocin massages were administered to enhance lactation production and flow. Providing infant massage care aided in improving the baby's sleep quality and weight.

Keywords: Continuous Care, Midwifery, Primipara

¹ Student of Midwifery Profesional Education at Universitas Jenderal Achmad Yani Yogyakarta

² Lecturer of Midwifery Profesional Education at Universitas Jenderal Achmad Yani Yogyakarta

³ Lecturer of Midwifery Profesional Education at Universitas Jenderal Achmad Yani Yogyakarta