

# ASUHAN KEBIDANAN BERKESINAMBUNGAN PADA NY. M UMUR 24 TAHUN PRIMIPARA DI PMB WIDAWATI RAHAYU

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## RINGKASAN

**Latar Belakang:** Kematian ibu dan bayi dapat terjadi karena komplikasi obstetri pada masa kehamilan, persalinan, masa nifas. Ibu hamil akan mengalami ketidaknyamanan seperti keputihan, mual muntah dan pembengkakan pada ekstremitas, komplikasi kelainan letak. Pada Tahun 2021 Angka Kematian Ibu (AKI) di Daerah Istimewa Yogyakarta (DIY) mengalami kenaikan yang sangat signifikan dan Angka kematian bayi (AKB) 51 orang dari 14.134 kelahiran hidup, Asuhan Kebidanan Berkelanjutan (Continuity Of Care) dengan menggunakan upaya kesehatan ibu dan bayi, memberikan terapi komplementer prenatal yoga dan pijat bayi

**Tujuan:** Memberikan asuhan kebidanan secara komprehensif pada Ny.M umur 24 Tahun primipara dari masa kehamilan, persalinan, nifas, bayi baru lahir dan neonatus.

**Metode:** Jenis metode penelitian yang digunakan untuk melakukan asuhan berkesinambungan yaitu observasional deskriptif dengan melakukan pendekatan studi kasus dimana fokus utamanya mendeskripsikan objek penelitian dan dapat menjawab fenomena yang terjadi.

**Hasil:** Asuhan diberikan kepada Ny. M dimulai dari usia kehamilan 23 minggu 4 hari, bersalin, nifas, dan neonatus. pada usia kehamilan 27 minggu 3 hari diberikan KIE Gerakan knee chest untuk mengoptimalkan posisi bayi Asuhan persalinan dilakukan sesuai 60 langkah APN dan diberikan komplementer *massase effleurage*, teknik relaksasi napas dalam, dan penggunaan *Gymball*. Asuhan masa nifas dilakukan sebanyak 4 kali dengan dilakukan asuhan Asuhan neonatus dilakukan sebanyak 3 kali dan 1 kali dilakukan pijatan saat bayi berusia 28 hari dengan hasil tidak ada penyulit dan bayi dalam keadaan sehat

**Kesimpulan:** Telah dilakukan asuhan berkesinambungan dari kehamilan, persalinan, nifas, dan neonatus serta pemberian komplementer yang telah disesuaikan dengan kebutuhan ibu dan bayi yang sesuai dengan standar pelayanan kebidanan.

Kata Kunci: Asuhan Berkesinambungan, ketidaknyamanan, Kehamilan, Persalinan, Nifas, komplementer

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**CONTINUOUS MIDWIFERY CARE FOR 24 YEAR OLD PRIMIPARA  
MRS. AT PMB WIDAWATI RAHAYU**

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**ABSTRACT**

**Background:** Maternal and infant deaths can occur due to obstetric complications during pregnancy, childbirth, and postpartum. Pregnant women will experience discomfort such as vaginal discharge, nausea, vomiting, and swelling of the extremities. In 2021, the Maternal Mortality Rate (MMR) in the Special Region of Yogyakarta (DIY) experienced a very significant increase and the Infant Mortality Rate (IMR) was 51 out of 14,134 live births, Continuity of Care using maternal and infant health efforts, providing complementary prenatal yoga therapy and baby massage

**Objective:** To provide comprehensive midwifery care to Mrs. M, 24 years old, primipara, from pregnancy, childbirth, postpartum, newborns and neonates.

**Method:** The type of research method used to carry out continuous care is descriptive observational by using a case study approach where the main focus is to describe the research object and can answer the phenomena that occur.

**Results:** Care was provided to Mrs. M started from 23 weeks 4 days of pregnancy, labor, postpartum, and neonate. At 27 weeks 3 days of pregnancy, KIE Knee chest movement was given to optimize the baby's position. Delivery care was carried out according to 60 APN steps and complementary massage effleurage, deep breathing relaxation techniques, and the use of Gymball were given. Postpartum care was carried out 4 times with neonatal care 3 times and massage was given once when the baby was 28 days old with no complications and the baby was healthy.

**Conclusion:** Continuous care has been carried out from pregnancy, labor, postpartum, and neonate as well as complementary provision that has been adjusted to the needs of the mother and baby in accordance with midwifery service standards.

Keywords: Continuous Care, discomfort, Pregnancy, Labor, Postpartum, complementary

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