

**ASUHAN KEBIDANAN KOMPREHENSIF PADA PEREMPUAN “MY”  
DI PMB “LM” WILAYAH KERJA PUSKESMAS SAWAN I  
KABUPATEN BULELENG  
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**ABSTRAK**

Pada masa kehamilan ibu hamil sering merasakan ketidaknyamanan fisiologis terutama pada trimester III, salah satunya adalah sering kencing. Sering kencing di sebabkan karena desakan uterus kedepan menyebabkan kandung kemih cepat terasa penuh. Hal inilah yang menyebabkan ibu hamil menjadi sering ke kamar kecil untuk melakukan buang air kecil (BAK). Tujuan dari penelitian ini yaitu memberikan asuhan komprehensif pada Perempuan “MY” mulai usia kehamilan 37 minggu 2 hari hingga nifas 2 minggu pertama. Jenis penelitian laporan tugas akhir ini adalah deskriptif dengan pendekatan studi kasus. Metode pengumpulan data pada studi kasus ini meliputi wawancara, observasi, pemeriksaan fisik dan dokumentasi. Subjek penelitian yaitu Perempuan “MY” G2P1A0 UK 37 minggu 2 hari dengan keluhan sering kencing di PMB “LM” Wilayah Kerja Puskesmas Sawan 1 Kabupaten Buleleng. Hasil asuhan yaitu melakukan asuhan kebidanan secara komprehensif pada Perempuan “MY” dikaji bahwa ibu mengalami keluhan sering kencing yang fisiologis dan sudah diatasi dengan memberikan edukasi penyebab dan cara mengatasi keluhan yang dialami. Selama kehamilan trimester III, persalinan, hingga nifas tidak ditemukan komplikasi, proses persalinan yaitu spontan belakang kepala dengan lama kala I  $\pm$  3 jam, kala II 15 menit, kala III 10 menit, kala IV 2 jam. Bayi Perempuan “MY” lahir dengan vigorous baby, namun bayi tidak dilakukan inisiasi menyusu dini. Dilakukan penatalaksanaan yaitu memberikan vitamin K dan HB 0 serta dilakukan pemeriksaan fisik. Pada masa nifas 6 jam ibu mengalami keluhan sakit punggung karena posisi tidur ibu yang terlalu lama miring, dan diberikan edukasi cara mengatasinya seperti memperbaiki posisi ibu, mengompres area punggung yang sakit, dan melakukan pijatan (massage) di area punggung yang sakit. Diharapkan tenaga kesehatan bidan maupun sejawat mampu melakukan asuhan sayang ibu sesuai dengan konsep teori yang ada.

**Kata kunci: Komprehensif, Sering Kencing, IMD.**

**COMPREHENSIVE MIDWIFE CARE FOR “MY” WOMEN  
IN PMB “LM” WORKING AREA OF PUSKESMAS SWAN I,  
BULELENG REGENCY  
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**ABSTRACT**

*During pregnancy, pregnant women often feel physiological discomfort, especially in the third trimester, one of which is frequent urination. Frequent urination is caused by the pressure of the uterus forward causing the bladder to feel full quickly. This is what causes pregnant women to often go to the toilet to urinate (BAK). The purpose of this study is to provide comprehensive care for "MY" women from 37 weeks 2 days of pregnancy to the first 2 weeks of postpartum. The type of research in this final project report is descriptive with a case study approach. Data collection methods in this case study include interviews, observation, physical examination and documentation. The research subjects were "MY" G2P1A0 UK 37 weeks 2 days with complaints of frequent urination in PMB "LM" in the Working Area of Sawan 1 Public Health Center, Buleleng Regency. The results of the care, namely carrying out comprehensive midwifery care for "MY" women, it was studied that the mother experienced physiological complaints of frequent urination and had been overcome by providing education on the causes and how to overcome the complaints experienced. During the third trimester of pregnancy, delivery, until the puerperium there were no complications, the delivery process was spontaneous behind the head with a duration of the first stage of  $\pm$  3 hours, the second stage of 15 minutes, the third stage of 10 minutes, and the fourth stage of 2 hours. Baby Girl "MY" was born with a vigorous baby, but the baby was not initiated early on. Management was carried out, namely giving vitamin K and HB 0 as well as physical examination. During the 6-hour postpartum period, the mother complained of back pain because the mother's sleeping position was too long, and was given education on how to deal with it, such as improving the mother's position, compressing the sore back area, and doing massage in the area of the back pain. It is hoped that midwives and colleagues will be able to carry out maternal care in accordance with existing theoretical concepts.*

**Keywords: Comprehensive, Frequent Urination, IMD.**