

**ASUHAN KEBIDANAN KOMPREHENSIF PADA PEREMPUAN “PA”
DI PMB “PW” WILAYAH KERJA PUSKESMAS BULELENG 3
KABUPATEN BULELENG
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ABSTRAK

Selama kehamilan trimester III, ibu akan mengalami perubahan fisik maupun psikologis yang dapat menimbulkan ketidaknyamanan salah satunya adalah kram kaki. Penelitian ini bertujuan untuk memberikan asuhan kebidanan komprehensif pada Perempuan “ PA” di PMB “ PW” wilayah kerja Puskesmas Buleleng 3 tahun 2022. Jenis penelitian yang digunakan deskriptif dengan pendekatan studi kasus serta dilakukan pendokumentasian SOAP. Dilaksanakan pada tanggal 8 Maret 2022 sampai dengan 9 April 2022, bertempat di PMB “ PW” dengan melakukan asuhan komprehensif pada Perempuan “ PA” sejak kehamilan 37 Minggu 3 Hari yang diasuh dari kehamilan trimester III sampai nifas 15 hari serta bayi baru lahir sampai neonatus 15 hari. Hasil penelitian asuhan kebidanan pada Perempuan “ PA” yang mengalami kram kaki, telah dapat diatasi dengan memberikan KIE merendam kaki menggunakan air hangat. Pada saat bersalin dilakukan pertolongan persalinan sesuai dengan APN 2017. Bayi lahir spontan belakang kepala, dilakukan IMD, diberikan salep mata, Vitamin K, dan imunisasi HB0. Namun dalam pengkajian data bayi baru lahir, masih ada beberapa kesenjangan antara teori dengan praktik di lapangan yakni pemeriksaan fisik dilakukan pada saat usia bayi 2 jam serta pemberian HB0 diberikan pada saat usia bayi 18 jam. Pada kunjungan masa nifas, ibu tidak memiliki keluhan. Dengan demikian dapat disimpulkan asuhan kebidanan pada Perempuan “ PA” di PMB “ PW” dapat berjalan lancar meskipun ada beberapa kesenjangan. Dengan adanya asuhan kebidanan komprehensif ini, diharapkan nantinya asuhan yang diberikan pada ibu hamil serta bayi baru lahir hingga neonatus dapat lebih maksimal sehingga dapat menangani secara dini kemungkinan komplikasi yang terjadi karena keluhan fisiologis kram kaki pada ibu hamil.

Kata Kunci : Trimester III, Kram Kaki, Rendam Air Hangat

**CONTINUITY OF CARE FOR “PA” WOMEN IN PMB “PW”
WORK AREA BULELENG 3 HEALTH CENTRE**

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Abstract

Leg cramps are one of the common complaints in TM III pregnancy which usually attacks the morning and evening. If the leg cramps are not handled properly, it will affect the labor process and the birth of the baby. Therefore, comprehensive care is needed. The type of research used is descriptive with a case study approach. It will be held on March 8, 2022 to April 9, 2022, at PMB "PW" by providing comprehensive care for "PA" mothers from 37 weeks 3 days of pregnancy who are cared for from the third trimester of pregnancy to the first 2 weeks of postpartum. At the first visit, the mother was given CIE (Comunication, Information, and Education) how to deal with leg cramps such as soaking the feet in warm water before going to bed for 15 minutes. By the time of the second visit, the leg cramps that were felt were resolved. At the visit the delivery went smoothly without a hitch. The baby was born spontaneously behind the head, had an IMD done, was given eye ointment, Vitamin K, and HB0 immunization. At the postpartum visit, the mother had no complaints. From the care for the "PA" mother, it was found that the mother had complaints of leg cramps and it was effectively overcome by soaking the feet in warm water before going to bed. It can be seen from the next visit that there were no complaints. At the time of delivery, and during the puerperium, the results of the examination of the mother and baby were also within normal limits. However, in the study of data, there are still some gaps between theory and practice in the field. With this comprehensive midwifery care, it is hoped that later the care provided to pregnant women can be maximized so that they can handle early possible complications that occur due to physiological complaints of leg cramps in pregnant women.

Keywords: Third Trimester, Leg Cramps, Warm Water Soak