

ABSTRAK

Memasuki trimester III ibu hamil akan merasakan ketidaknyamanan yang fisiologis, salah satunya adalah oedema kaki. Oedema jika tidak ditangani akan memicu kondisi patologis, sehingga perlu dilakukan asuhan komprehensif. Data register bidan di PMB “SS” bulan Oktober s.d Desember 2022, 4 dari 12 orang ibu hamil trimester III mengalami oedema kaki. Tujuan penelitian ini yaitu untuk menggambarkan asuhan kebidanan secara komprehensif pada perempuan “KS” di PMB “SS” wilayah kerja Puskesmas Buleleng 1. Jenis penelitian yang digunakan adalah deskriptif dengan pendekatan studi kasus. Dilaksanakan pada tanggal 9 s.d 30 Maret 2023, bertempat di PMB “SS” dengan melakukan asuhan komprehensif pada ibu “KS” sejak UK 38 minggu diasuh dari kehamilan trimester III s.d nifas 2 minggu pertama. Hasil penelitian asuhan kebidanan pada perempuan “KS” yang mengalami oedema kaki dapat diatasi dengan pemberian KIE cara mengatasi kaki bengkak seperti lebih banyak berjalan-jalan serta mengajarkan senam hamil. Pada kunjungan pertama ibu hamil pada data subjektif ibu mengeluh oedema kaki dan kunjungan kedua keluhan oedema kaki sudah teratasi. Proses persalinan dilakukan SC dipimpin oleh dokter spesialis kandungan dengan indikasi oligohidramnion dan letak oblique. Kunjungan masa nifas dan neonatal, keadaan luka bekas operasi tampak bersih dan terpaut, trias nifas dalam batas normal. Kesimpulan dari asuhan kebidanan pada perempuan “KS” di PMB “SS” pada masa kehamilan kondisi ibu ibu mengalami kondisi patologis, pada masa persalinan dilakukan SC di RS, pada masa nifas, hasil pemeriksaan ibu dan bayi dalam batas normal dan sudah terlaksana secara *continuity of care* terdapat beberapa kesenjangan antara teori dan actual di lapangan.

Kata Kunci : Trimester III, Oedema Kaki, Senam Hamil



ABSTRACT

Entering the third trimester, pregnant women will feel physiological discomfort, one of which is leg edema. If left untreated, edema will trigger pathological conditions, so comprehensive care is necessary. Midwife register data at PMB "SS" from October to December 2022, 4 out of 12 third trimester pregnant women experience leg edema. The purpose of this study was to describe comprehensive midwifery care for mrs "KS" at PMB "SS" in the working area of the Buleleng 1 Health Center. The type of research used was descriptive with a case study approach. Held from 9 to 30 March 2023, taking place at PMB "SS" by providing comprehensive care for mrs "KS" from UK 38 weeks, cared for from the third trimester of pregnancy to the first 2 weeks of childbirth. The results of research on midwifery care for mrs "KS" who experience leg edema can be overcome by giving KIE how to deal with swollen feet such as taking more walks and teaching pregnancy exercises. On the first visit, pregnant women on the subjective data of the mother complained of leg edema and on the second visit, complaints of leg edema had been resolved. The delivery process was carried out by SC led by an obstetrician with an indication of oligohydramnios and an oblique position. Postpartum and neonatal visits, the condition of the postoperative wound looks clean and adrift, the puerperal triad is within normal limits. The conclusion of midwifery care for mrs "KS" at PMB "SS" during pregnancy is the condition of the mother experiencing pathological conditions, during labor, SC is performed at the hospital, during the postpartum period, the results of examination of mother and baby are within normal limits and have been carried out in continuity of care there are some gaps between theory and actual in the field.

Keywords: Trimester III, Leg Edema, Pregnancy Exercise

