

## **Asuhan Kebidanan Komprehensif Pada Perempuan “RP” di PMB “WR” Wilayah Kerja Puskesmas Kubutambahan II Tahun 2023**

**Kadek Nadiya Cipta Sari**  
**Universitas Pendidikan Ganesha**  
[nadiya@undiksha.ac.id](mailto:nadiya@undiksha.ac.id)

### **ABSTRAK**

Perempuan dalam siklus kehidupan akan melalui beberapa proses seperti proses kehamilan, persalinan, dan masa nifas. Selama kehamilan trimester III ibu mengalami perubahan fisik yang dapat menimbulkan ketidaknyamanan salah satunya adalah sering kencing, apabila sering kencing tidak ditangani dengan tepat dapat menyebabkan infeksi saluran kemih, sehingga perlu dilakukan asuhan kebidanan komprehensif. Dilihat dari data register bidan di PMB “WR” Wilayah kerja Puskesmas Kubutambahan II tiga bulan terakhir sebanyak 7 orang dari 19 orang ibu hamil trimester III mengalami sering kencing. Jenis penelitian yang digunakan adalah *deskriptif* dengan pendekatan studi kasus. Subjek penelitian yaitu Perempuan “RP” G3P2A0 UK 38 minggu dengan keluhan sering kencing. Asuhan yang diberikan KIE mengenai penyebab sering kencing karena pembesaran uterus yang menekan kandung kemih sehingga walaupun hanya berisi sedikit urin ada keinginan untuk berkemih dan cara mengatasi keluhan yang dialami seperti mengurangi minum di malam hari, hindari minuman berkafein, soda dan tetap menjaga kebersihan genetalia. Selama kehamilan trimester III, persalinan, hingga nifas tidak ditemukan komplikasi. Proses kala I, II, III berlangsung normal dan dilakukan pemantauan kala IV hingga 2 jam post partum. Asuhan pada masa nifas dimulai dari nifas 6 jam, nifas 6 hari dan nifas 13 hari. Bayi perempuan “RP” lahir dengan vigerous baby, namun tidak dilakukan inisiasi menyusui dini. Dilakukan penatalaksanaan yaitu memberikan vitamin K dan Hb0 serta dilakukan pemeriksaan fisik. Diharapkan kedepannya tenaga kesehatan bidan mampu melakukan asuhan sayang ibu sesuai dengan konsep teori yang ada

**Kata Kunci : Kehamilan, Sering Kencing, Asuhan Kebidanan Komprehensif**

***Comprehensive Midwifery Care for Women "RP" at Maternity Clinic "WR"  
Working Area of Kubutambahan II Health Center in 2023***

**Kadek Nadiya Cipta Sari**  
**Universitas Pendidikan Ganesha**  
[nadiya@undiksha.ac.id](mailto:nadiya@undiksha.ac.id)

***ABSTRACT***

*Women in the life cycle will go through several processes such as pregnancy, childbirth, and puerperium. During the third trimester of pregnancy, mothers experience physical changes that can cause discomfort, one of which is frequent urination, if often urinating is not handled properly it can cause urinary tract infections, so it is necessary to do comprehensive obstetric care. Judging from the midwife register data at Maternity Clinic "WR" Kubutambahan II Health Center work area in the last three months, as many as 7 people out of 19 third trimester pregnant women experienced frequent urination. The type of research used is descriptive with a case study approach. The study subjects were Mrs."RP" G3P2A0 UK 38 weeks with complaints of frequent urination. The care given by KIE regarding the cause of frequent urination due to the enlargement of the uterus that presses on the bladder so that even though it only contains a little urine there is a desire to urinate and how to overcome complaints experienced such as reducing drinking at night, avoiding caffeinated drinks, soda and still maintaining genitalia disputes. During the third trimester of pregnancy, childbirth, until puerperium no complications are found. The process of time I, II, III takes place normally and monitoring is carried out when IV to 2 hours post partum. Care during the puerperium period starts from puerperium 6 hours, puerperium 6 days and puerperium 13 days. The baby boy of Mrs "RP" was born with a vigerous baby, but did not initiate early breastfeeding. Management is carried out, namely providing vitamins K and Hb0 and physical examination. It is hoped that in the future midwife health workers will be able to take care of mothers in accordance with existing theoretical concepts*

*Keywords: Pregnancy, Frequent Urination, Comprehensive Midwifery Care*