

**ASUHAN KEBIDANAN KOMPREHENSIF PADA PEREMPUAN “CR” DI
PMB “NP” WILAYAH KERJA PUSKESMAS SAWAN I**

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ABSTRAK

Nyeri Punggung adalah ketidaknyamanan yang dirasakan ibu hamil Trimester III, hal tersebut disebabkan karena membesarnya rahim dan meningkatnya berat badan, Maka dari itu dilakukan asuhan yang komprehensif pada perempuan “CR” G3P2A0 UK 38 Minggu 2 Hari sampai 2 minggu *postpartum* di PMB “NP” Wilayah Kerja Puskesmas Sawan I. Dilaksanakan pada tanggal 07 Maret 2023 s.d 03 April 2023. Kunjungan pertama ibu diberikan KIE cara mengatasi nyeri punggung yaitu seperti kompres hangat, massage, mengurangi melakukan aktivitas berat, dan ibu bisa melakukan senam hamil di rumah atau pada saat posyandu. Pada kunjungan kedua nyeri punggungt ibu sudah berkurang dan sudah teratasi maka dari hal tersebut KIE yang diberikan dapat ibu terapkan dengan baik. Pada saat proses persalinan dengan lahir spontan belakang kepala pada Kala I berlangsung selama \pm 8 jam, Kala II berlangsung selama 15 menit. Kala III berlangsung selama 10 menit, dan pada Kala IV berlangsung selama 2 jam *postpartum*. Penatalaksanaan yang diberikan pada Kala I fase aktif yaitu melibatkan peran pendamping dalam memenuhi kebutuhan nutrisi ibu dan dukungan psikologi dan melakukan pemantauan dengan lembar partograf. Kala II dilakukan penatalaksanaan yaitu menolong persalinan sesuai dengan APN. Kala III dilakukan penatalaksanaan manajemen aktif Kala III dan pada Kala IV dilakukan pemantauan 2 jam *postpartum*. Pada Asuhan Kebidanan Masa Nifas yang dimulai dari KF 1 yaitu nifas hari ke 1, KF 2 dimulai dari hari 6 dan KF 3 yaitu nifas hari ke 14. Penatalaksanaan yang diberikan yaitu sesuai dengan kebutuhan ibu. Asuhan Kebidanan Pada Bayi Perempuan “CR” asuhan yang diberikan sudah baik. Kesimpulan dari asuhan kebidanan pada Perempuan “CR” di PMB “NP” dimulai dari kehamilan, persalinan, bayi baru lahir, nifas sudah berjalan dengan baik dan sudah terlaksana secara *continuity of care*

Kata Kunci: Kehamilan, Nyeri Punggung, *Continuity Of Care*

**COMPREHENSIVE MIDWIFERY CARE FOR "CR" IN THE "NP"
MATERNAL AND CHILD HEALTH CENTER PUSKESMAS SAWAN I
YEAR 2023**

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ABSTRACT

Back pain is a discomfort experienced by pregnant women in the third trimester. This is caused by the enlargement of the uterus and increased body weight. Therefore, comprehensive care is provided for "CR," a G3P2A0 woman at 38 weeks and 2 days of gestation until 2 weeks postpartum at the "NP" Maternal and Child Health Center in the Puskesmas Sawan I work area. The study was conducted from March 7, 2023, to April 3, 2023. During the first visit, the mother is given health education on how to manage back pain, such as using warm compresses, massage, reducing heavy physical activities, and participating in prenatal exercises at home or during the integrated health post (posyandu). During the second visit, the mother's back pain has decreased and been resolved, indicating successful implementation of the health education provided. During the spontaneous vaginal delivery, the first stage of labor (latent phase) lasted approximately 8 hours, the second stage (active phase) lasted for 15 minutes, the third stage (delivery of the placenta) lasted for 10 minutes, and the fourth stage (postpartum period) lasted for 2 hours. Management provided during the active phase included involving a companion to meet the mother's nutritional needs and provide psychological support, as well as monitoring using a partograph. In the second stage, the delivery was assisted by the midwife according to established protocols. Active management was implemented in the third stage, and postpartum monitoring was conducted for 2 hours in the fourth stage. Postpartum care, which includes three postpartum visits, starts with the first postpartum day (KF1), followed by the sixth day (KF2), and ends on the fourteenth day (KF3). The management provided during this period is tailored to the mother's needs. The midwifery care provided for the newborn girl "CR" has been satisfactory. In conclusion, the midwifery care provided for "CR" at the "NP" Maternal and Child Health Center, starting from pregnancy, delivery, newborn care, and postpartum, has been successfully implemented with continuity of care.

Keywords: Pregnancy, Back Pain, Continuity of Care.