

## ABSTRAK

Perubahan fisik pada ibu hamil trimester III menimbulkan berbagai ketidaknyamanan, salah satunya sakit pinggang, apabila tidak tertangani dengan baik dapat berubah menjadi patologis. Berdasarkan data register PMB “WS” terdapat 21 ibu hamil trimester III, dan 7 orang dengan keluhan sakit pinggang. Tujuan penelitian ini agar bisa memberikan gambaran asuhan kebidanan komprehensif dengan keluhan sakit pinggang. Jenis penelitian dalam laporan ini yakni penelitian deskriptif dengan pendekatan studi kasus, di PMB “WS” wilayah kerja Puskesmas Gerokgak I, pada tanggal 06 Maret sampai 03 Mei 2023, dengan subjek perempuan “AN” G2P1A0 UK 37 minggu 3 hari dengan keluhan sakit pinggang, sampai masa nifas dan bayi usia 2 minggu. Metode pengumpulan data dilakukan dengan wawancara, observasi, pemeriksaan fisik, studi dokumentasi. Pada pertemuan pertama tanggal 27 Maret 2023, ibu mengeluh sakit pinggang, diberikan cara mengurangi keluhannya dengan tidur miring kiri, menekuk lutut saat mengangkat benda berat, terapi kompres air rebusan jahe, duduk dan berdiri dengan hati-hati dan hindari terlalu lama, memilih kursi yang mendukung pinggang, dan rubah posisi sesering mungkin. Saat kunjungan kedua tanggal 03 April 2023, sakit pinggang ibu sudah berkurang tetapi saat beraktivitas terkadang lupa terlalu lama berdiri sehingga sakit pinggang muncul. Pada kunjungan ketiga tanggal 10 April 2023, sakit pinggang berkurang dan mampu beradaptasi dengan keluhannya. Tanggal 16 April 2023, ibu menginjak masa persalinan, kala I berlangsung ± 3 jam, kala II 10 menit, kala III 5 menit, dan kala IV 2 jam yang berlangsung fisiologis. Bayi lahir tanggal 17 April 2023 secara spontan belakang kepala, tangis kuat, gerak aktif, jenis kelamin laki-laki. Pertemuan masa nifas dan bayi dilakukan 3 kali, serta ibu memilih KB suntik 3 bulan. Berdasarkan pemaparan tersebut, diperoleh hasil bahwa sakit pinggang yang dialami ibu pada masa kehamilan trimester III berkurang dengan mengikuti arahan yang disampaikan. Pada masa persalinan dan nifas, serta bayi berjalan tanpa penyulit.

**Kata Kunci : Trimester III, Sakit pinggang, COC, Rebusan jahe**

## **ABSTRACT**

*Physical changes in third trimester pregnant women cause various inconveniences, one of which is back pain, if not handled properly it can turn into pathology. Based on the Independent Practice of Midwife "WS" register data, there were 21 third trimester pregnant women, and 7 people with back pain complaints. The purpose of this study is to provide an overview of comprehensive midwifery care with low back pain. The type of research in this report is descriptive research with a case study approach, at Independent Practice of Midwife "WS " the working area of the Gerokgak I Health Center, on March 6 to May 3 2023, with subject a women "AN" G2P1A0 UK 37 weeks 3 days with complaints of low back pain, until the postpartum period and a 2 week old baby. Data collection methods were carried out by interviews, observation, physical examination, and documentation studies. At the first meeting on March 27 2023, the mother complained of low back pain, was given how to reduce her complaints by sleeping on her left side, bending her knees when lifting heavy objects, compressing ginger boiled water, sitting and standing carefully and avoiding too long, choosing a chair that support the waist, and change positions as often as possible. During the second visit on April 3, 2023, the mother back pain had lessened, but when she was doing activities, she sometimes forgot to stand for too long so that her back pain appeared. On the third visit on April 10 2023, the back pain was reduced and she was able to adapt to his complaints. On April 16, 2023, the mother was in labour, stage I for ± 3 hours, stage II 10 minutes, stage III 5 minutes, and stage IV 2 hours which lasted physiologically. The baby was born on April 17 2023 spontaneously behind the head, crying loudly, moving actively, male gender. The puerperium and baby meetings were held 3 times, and the mother chose the 3 month injectable birth control. Based on this explanation, the results obtained were that back pain experienced by mothers during the third trimester of pregnancy was reduced by following the directions given. During labor and postpartum, as well as the baby walking without complications.*

**Keywords : Third trimester, Back pain, Continuity of care, Ginger stew**