

ABSTRAK

Nyeri simfisis adalah keluhan yang umum dirasakan ibu hamil Trimester III, disebabkan oleh penurunan kepala janin memasuki panggul ibu sehingga menimbulkan dorongan pada simfisis. Apabila keluhan ini tidak ditangani dengan tepat, bisa berpengaruh pada persalinan, nifas, serta kesehatan ibu dan bayi, sehingga harus dilakukan asuhan secara komprehensif. Berdasarkan data PMB “RW” tiga bulan terakhir, sebanyak 24,5% ibu hamil Trimester III mengalami nyeri simfisis. Jenis penelitian ini adalah deskriptif dengan pendekatan studi kasus. Penelitian dilaksanakan di PMB “RW” pada tanggal 6 Maret sampai 3 Mei 2023, dengan melakukan asuhan komprehensif pada Perempuan “PH” G₂P₁A₀ mulai UK 38 minggu 6 hari, bersalin, BBL, 2 minggu pertama nifas, sampai penentuan metode kontrasepsi. Pengkajian data menggunakan metode wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Pada kunjungan pertama ibu mengalami keluhan nyeri simfisis serta diberikan KIE cara mengatasinya dengan senam hamil dan aroma terapi lavender. Saat kunjungan kedua, keluhan yang dirasakan sudah berkurang. Persalinan berlangsung spontan belakang kepala tanpa penyulit, yaitu kala I berlangsung 8 jam dilakukan pemantauan partograf, kala II berlangsung 20 menit dilakukan sesuai APN, kala III berlangsung 10 menit dilakukan MAK III, dan kala IV dilakukan pemantauan selama 2 jam post partum. Bayi lahir *vigorous baby*, berat 3500 gram, serta dilakukan IMD 1 jam dan berhasil pada menit ke-30. Kunjungan nifas dan neonatus yang dilakukan yaitu KF 1 dan KN 1 waktu 6 jam, KF 2 dan KN 2 hari ke-5, KF 3 dan KN 3 hari ke-14, serta ibu sudah menentukan metode kontrasepsi KB IUD setelah 42 hari nifas. Dari asuhan didapatkan bahwa ibu mengalami keluhan nyeri simfisis yang efektif ditangani dengan solusi yang dianjurkan, ini terlihat pada kunjungan kedua ibu sudah tidak ada keluhan. Pada persalinan, BBL, nifas, dan neonatus didapatkan hasil pemeriksaan terhadap ibu dan bayi dalam batas normal. Kesimpulan yang didapat yaitu asuhan pada Perempuan “PH” berjalan lancar dan terdapat beberapa kesenjangan antara teori dengan praktik.

Kata Kunci : *Asuhan Komprehensif, Kehamilan Trimester III, Nyeri Simfisis*

ABSTRACT

Symphysis pain is a common complaint felt by third-trimester pregnant women, caused by the descent of the fetal head into the mother's pelvis, causing a push on the symphysis. If this complaint is not handled properly, it can affect childbirth, postpartum, and the health of the mother and baby, so that comprehensive care must be carried out. Based on PMB "RW" data for the last three months, as many as 24.5% of third trimester pregnant women experience symphysis pain. This type of research is descriptive with a case study approach. The research was carried out at PMB "RW" from March 6 to May 3 2023, by conducting comprehensive care for "PH" G2P1A0 women from UK 38 weeks 6 days, childbirth, BBL, the first 2 weeks of postpartum, until determining the contraceptive method. Data assessment using interviews, observation, physical examination, and documentation. On the first visit, the mother experienced complaints of symphysis pain and was given KIE how to deal with it with pregnancy exercise and lavender aromatherapy. During the second visit, the complaints felt had decreased. The birth took place spontaneously behind the head without complications, namely the first stage lasted 8 hours for partograph monitoring, the second stage lasted 20 minutes according to APN, the third stage lasted 10 minutes for MAK III, and the fourth stage was monitored for 2 hours post partum. The baby was born a vigorous baby, weighing 3500 grams, and did IMD for 1 hour and was successful in the 30th minute. Postpartum and neonatal visits carried out were KF 1 and KN 1 for 6 hours, KF 2 and KN 2 on the 5th day, KF 3 and KN 3 on the 14th day, and the mother had determined the IUD contraceptive method after 42 days postpartum. From the care it was found that the mother had complaints of symphysis pain which were effectively handled with the recommended solutions, this was seen on the second visit the mother had no complaints. At delivery, BBL, postpartum, and neonates, the results of examination of the mother and baby were found to be within normal limits. The conclusion obtained is that care for "PH" women runs smoothly and there are several gaps between theory and practice.

Keywords : Comprehensive Care, Third Trimester Pregnancy, Symphysis Pain