

ABSTRAK

Pada masa kehamilan trimester III ibu hamil sering merasakan ketidaknyamanan yaitu salah satunya adalah sering buang air kecil. Ketidaknyamanan sering buang air kecil yang dirasakan oleh ibu hamil trimester III secara fisiologis disebabkan karena ginjal bekerja lebih berat dari biasanya, karena organ tersebut harus menyaring volume darah lebih banyak dibanding sebelum hamil. Serta janin dan plasenta yang semakin membesar juga memberikan tekanan pada kandung kemih, sehingga menyebabkan ibu hamil menjadi sering buang air kecil. Penelitian ini bertujuan untuk melaksanakan asuhan kebidanan komprehensif pada perempuan “MR” di PMB “MD” Wilayah kerja Puskesmas Kubutambahan II Tahun 2024. Penyusunan Laporan Tugas Akhir ini menggunakan metode deskriptif dengan pendekatan studi kasus, subjek penelitiannya yaitu Perempuan “MR” G2P1A0 pada kehamilan TM III UK 37 Minggu 1 Hari Preskep \cup Puka Janin Tunggal Hidup Intra Uteri dengan keluhan sering kencing diberikan asuhan latihan senam kegel. Kunjungan kehamilan kedua keluhan sudah berkurang. Pada proses persalinan yaitu kala I berlangsung 6 jam, Kala II selama 15 menit, dan kala III selama 10 menit, dan kala IV selama 2 jam. Selama proses persalinan terdapat kesenjangan pada kala II karena tidak melakukan pengecekan lilitan tali pusat dan sangga susur, melakukan hisap lender saat bayi lahir segera menangis. Bayi lahir spontan belakang kepala segera menangis, jenis kelamin Perempuan, dan keadaan fisik dalam batas normal. Kunjungan neonatus dilaksanakan 3 kali (KN 1, 2 dan 3) serta tidak ditemukan kelainan apapun. Kunjungan nifas yang dilaksanakan 3 kali (KF 1, 2 dan 3) serta tidak ditemukan adanya masalah. Asuhan kebidanan pada Perempuan “MR” di PMB “MD” berjalan secara fisiologis dan sudah terlaksana secara komprehensif. Diharapkan asuhan kebidanan dapat meningkatkan kualitas pelayanan yang diberikan kepada pasien, sehingga dapat mencegah terjadinya komplikasi pada ibu dan janin.

Kata Kunci: Kehamilan TM III, Sering Kencing, Senam Kegell, Asuhan Kebidanan Komprehensif

ABSTRACT

During the third trimester of pregnancy, pregnant women often experience discomfort, one of which is frequent urination. Physiologically, this discomfort is caused by the kidneys working harder than usual, as they must filter a larger volume of blood compared to before pregnancy. Additionally, the growing fetus and placenta exert pressure on the bladder, leading to frequent urination in pregnant women. This study aims to provide comprehensive midwifery care for "MR," at the "MD" Health Center in the working area of Kubutambahan II in 2024. This Final Assignment Report uses a descriptive method with a case study approach. The research subject is a woman, "MR," G2P1A0, in her third trimester of pregnancy at 37 weeks and 1 day gestation with a live single intrauterine fetus, complaining of frequent urination, and is given Kegel exercise therapy. By the second prenatal visit, the complaint has reduced. During labor, the first stage lasted 6 hours, the second stage 15 minutes, the third stage 10 minutes, and the fourth stage 2 hours. During the labor process, there was a gap in the second stage due to a failure to check the umbilical cord coil and the placental support, and aspiration was performed immediately upon the baby's cry. The baby was born spontaneously from the posterior fontanelle, immediately cried, female, and in good physical condition. Neonatal visits were conducted three times (KN 1, 2, and 3) with no abnormalities found. Postpartum visits were conducted three times (KF 1, 2, and 3) with no problems identified. Midwifery care for "MR" at "MD" Health Center proceeded physiologically and was executed comprehensively. It is hoped that midwifery care can enhance the quality of service provided to patients, thus preventing complications for both mother and fetus.

Keywords: *TM III Pregnancy, Frequent Of Urine, Kegel Gymnastics, Continuity of care*