

ABSTRAK

Kehamilan trimester III disebut masa kehamilan yang paling signifikan membutuhkan perhatian khusus. Pada kehamilan trimester III, ketidaknyamanan yang paling sering dialami adalah sering kencing. Dilihat dari register bidan di Praktik Mandiri Bidan “PP” Wilayah Kerja Puskesmas Buleleng III empat bulan terakhir sebanyak 7 orang dari 29 orang ibu hamil TM III mengalami sering kencing. Sering kencing dalam kehamilan dapat menyebabkan gangguan tidur dan infeksi saluran kemih. Penelitian ini bertujuan melaksanakan asuhan kebidanan komprehensif pada Perempuan “KE” di Praktik Mandiri Bidan “PP” Wilayah Kerja Puskesmas Buleleng III Tahun 2024. Jenis penelitian yang digunakan adalah penelitian deskriptif dengan pendekatan studi kasus, subjek penelitiannya yaitu Perempuan “KE” G3P2A0 UK 36 Minggu 3 Hari dengan keluhan sering kencing. Pengumpulan data dilakukan dengan menggunakan metode wawancara, observasi, pemeriksaan fisik, pemeriksaan penunjang dan studi dokumentasi. Pada asuhan kebidanan kehamilan pertemuan pertama, Perempuan “KE” mengeluh ketidaknyamanan sering kencing sehingga diberikan penatalaksanaan KIE penyebab serta cara mengatasinya yaitu melakukan senam kegel. Kunjungan kehamilan kedua keluhan sudah berkurang. Pada proses persalinan yaitu kala I berlangsung 4 jam, kala II selama 30 menit, kala III selama 15 menit, dan kala IV selama 2 jam. Selama proses persalinan terdapat kesenjangan dalam penatalaksanaan Asuhan Persalinan Normal (APN) 60 langkah yaitu tidak mengecek lilitan tali pusat, sangga susur, dan IMD hanya 15 menit. 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). Asuhan kebidanan pada Perempuan “KE” di Praktik Mandiri Bidan “PP” berjalan secara fisiologis dan sudah terlaksana secara komprehensif. Diharapkan asuhan kebidanan dapat meningkatkan kualitas pelayanan yang diberikan kepada pasien, sehingga dapat mencegah komplikasi pada ibu dan janin.

**Kata kunci : Kehamilan Trimester III, Sering Kencing, Senam Kegrel,
Asuhan Kebidanan Komprehensif**

ABSTRACT

The third trimester of pregnancy is called the most significant gestational period that requires special attention. In the third trimester of pregnancy, the most common discomfort experienced is frequent urination. Judging from the midwife register in the Independent Midwife Practice "PP" in the Buleleng III Health Center Work Area in the last four months, as many as 7 people out of 29 TM III pregnant women have frequent urination. Frequent urination in pregnancy can lead to sleep disturbances and urinary tract infections. This research aims to carry out comprehensive midwifery care for Women "KE" in the Independent Practice of Midwives "PP" in the Buleleng III Health Center Working Area in 2024. The type of research used is descriptive research with a case study approach, the research subject is Female "KE" G3P2A0 UK 36 Weeks 3 Days with frequent complaints of urination. Data was collected using interviews, observations, physical examinations, supporting examinations, and documentation studies. In the first meeting of pregnancy obstetric care, the "KE" woman complained of discomfort from frequent urination so she was given the management of the cause of KIE and how to overcome it, namely by doing kegel exercises. The second pregnancy visit complaint has decreased. In the delivery process, namely, phase I lasts 4 hours, phase II lasts 30 minutes, phase III lasts 15 minutes, and Phase IV lasts 2 hours. During the delivery process, there is a gap in the management of the 60-step Normal Childbirth Care (APN), namely not checking the cord winding, prosthetic support, and IMD for only 15 minutes. Babies are born spontaneously behind the head immediately crying, female sex, and physical state within normal limits. Neonatal visits were carried out 3 times (KN 1, 2, and 3) and no abnormalities were found. Postpartum visits were carried out 3 times (KF 1, 2 and 3). Midwifery care for Women "KE" in the Independent Practice of Midwives "PP" runs physiologically and has been carried out comprehensively. It is hoped that midwifery care can improve the quality of patient services to prevent complications in mothers and fetuses.

**Keywords : Pregnancy TM III , Frequent Peeing, Kegel Exercises,
Continue of care**