

ABSTRAK

Kehamilan, persalinan, dan nifas adalah proses alamiah yang dialami setiap perempuan. Ibu hamil akan mengalami perubahan yang signifikan yang membuat ibu merasakan ketidaknyamanan. Ketidaknyamanan yang sering terjadi pada ibu hamil di TM III yaitu sakit punggung. Berdasarkan data register di PMB “TC” sebanyak 6 orang (50%) dari 12 orang ibu hamil TM III mengalami sakit punggung. Dampak yang terjadi jika keluhan sakit punggung tidak teratasi adalah mengalami gangguan tidur yang menyebabkan kelelahan dan iritabilitas serta merasa tidak nyaman beraktivitas atau aktivitas terganggu. Tujuan dari penelitian ini yaitu melaksanakan asuhan kebidanan komprehensif pada Perempuan “KR” di PMB “TC” Wilayah kerja Puskesmas Kubutambahan 1 Kabupaten Buleleng Tahun 2024. Jenis penelitian yang digunakan adalah penelitian deskriptif dengan pendekatan studi kasus, subjek penelitiannya yaitu Perempuan “KR” TM III (UK \geq 36 Minggu) yang diasuh dari hamil sampai 2 minggu masa nifas. Hasil penelitian ini adalah saat kunjungan pertama Perempuan “KR” mengeluh sakit punggung sehingga diberikan KIE mengenai penyebab dan cara mengatasi keluhan salah satu asuhan yang diberikan yaitu kompres hangat dan massage punggung. Pada kunjungan kedua keluhan sakit punggung sudah dapat teratasi. Pada proses persalinan yaitu kala I berlangsung \pm 6 jam, kala II berlangsung 25 menit, kala III berlangsung 5 menit dan kala IV berlangsung selama 2 jam. Selama proses persalinan berlangsung tidak ada penyulit. Pada masa nifas dilakukan 2 kali kunjungan dan tidak ditemukan komplikasi pada ibu. Pada bayi dilakukan pemeriksaan 2 kali dan tidak ada kelainan. Asuhan kebidanan pada Perempuan “KR” di PMB “TC” berjalan secara fisiologis dan sudah terlaksana secara komprehensif dan berkesinambungan.

Kata Kunci: Kehamilan TM III, Sakit Punggung, Asuhan Kebidanan Komprehensif.

ABSTRACT

Pregnancy, childbirth and postpartum are natural processes experienced by every mrs. Pregnant mrs will experience significant changes that make them feel uncomfortable. The discomfort that often occurs in pregnant mrs in TM III is back pain. Based on register data at PMB "TC" as many as 6 people (50%) out of 12 TM III pregnant mrs experienced back pain. The impact that occurs if complaints of back pain are not resolved is experiencing sleep disorders which cause fatigue and irritability as well as feeling uncomfortable with activities or disrupted activities. The aim of this research is to carry out comprehensive midwifery care for mrs "KR" at PMB "TC" in the working area of Kubucepatn 1 Health Center, Buleleng Regency in 2024. The type of research used is descriptive research with a case study approach, the research subject is mrs "KR" TM III (UK \geq 36 weeks) who are cared for from pregnancy until 2 weeks of the postpartum period. The results of this research were that during the first visit, the mrs "KR" complained of back pain so she was given KIE regarding the causes and how to deal with complaints. One of the treatments provided was warm compresses and back massage. At the second visit the complaint of back pain had been resolved. In the labor process, namely the first stage lasts \pm 6 hours, the second stage lasts 25 minutes, the third stage lasts 5 minutes and the fourth stage lasts 2 hours. During the birthing process there were no complications. During the postpartum period, two visits were made and no complications were found in the mother. The baby was examined twice and there were no abnormalities. Midwifery care for mrs "KR" at PMB "TC" runs physiologically and has been carried out comprehensively and continuously.

Keywords: *TM III Pregnancy, Back Pain, Comprehensive Midwifery Care.*

