

Asuhan Kebidanan Komprehensif Pada Perempuan “KM” Di PMB “PP” Wilayah Kerja Puskesmas Buleleng III Tahun 2024

ABSTRAK

Kehamilan trimester III disebut pula dengan periode kewaspadaan dan penantian. Pada kehamilan trimester III, ketidaknyamanan yang paling sering dialami adalah sering kencing. Dilihat dari register bidan di PMB “PP” Wilayah Kerja Puskesmas Buleleng III empat bulan terakhir sebanyak 12 orang dari 46 orang ibu hamil TM III mengalami sering kencing. Sering kencing dalam kehamilan dapat menyebabkan gangguan tidur, infeksi saluran kemih (ISK), potensi persalinan prematur, pertumbuhan dan perkembangan janin terhambat dan janin lahir mati. Adapun tujuan dilakukannya penelitian ini yaitu untuk melaksanakan asuhan kebidanan komprehensif pada Perempuan “KM” di PMB “PP” Wilayah Kerja Puskesmas Buleleng III Tahun 2024. Jenis penelitian yang digunakan adalah penelitian deskriptif dengan pendekatan studi kasus, subjek penelitiannya yaitu Perempuan “KM” G3P2A0 UK 37 Minggu 2 Hari yang diasuh dari hamil, bersalin, BBL hingga 2 minggu masa nifas. Hasil penelitian ini didapatkan saat kunjungan pertama Perempuan “KM” mengeluh sering kencing sehingga diberikan KIE mengenai penyebab dan cara mengatasi keluhan salah satu asuhan yang diberikan yaitu senam kegel. Pada kunjungan kedua keluhan sering kencing dapat teratasi. Pada proses persalinan yaitu kala I berlangsung ± 7 jam, kala II berlangsung 25 menit, kala III berlangsung 15 menit dan kala IV berlangsung selama 2 jam. Selama proses persalinan saat kala I dan II ibu mengeluh sakit perut hilang timbul. Pada masa nifas tidak ditemukan komplikasi pada ibu. Pada bayi baru lahir, bayi segera menangis, jenis kelamin laki-laki dan keadaan fisik dalam batas normal dan tidak ditemukan kelainan apapun. Asuhan kebidanan pada Perempuan “KM” di PMB “PP” berjalan secara fisiologis dan berkesinambungan.

Kata Kunci: Asuhan Komprehensif, Trimester III, Sering Kencing, Senam Kegel.

***Comprehensive Midwifery Care For Mrs “KM” In PMB “PP”
Working Area Buleleng Puskesmas III
Year 2024***

ABSTRACT

The third trimester of pregnancy is also called the period of alertness and waiting. In the third trimester of pregnancy, the most common discomfort experienced is frequent urination. Judging from the register of midwives in the PMB "PP" Buleleng III Community Health Center Work Area in the last four months, 12 out of 46 TM III pregnant women experienced frequent urination. Frequent urination during pregnancy can cause sleep disorders, urinary tract infections (UTI), potential for premature labor, stunted fetal growth and development and stillbirth. The aim of this research is to carry out comprehensive midwifery care for "KM" women in PMB "PP" Buleleng III Health Center Work Area in 2024. The type of research used is descriptive research with a case study approach, the research subjects are G3P2A0UK "KM" women, 37 Weeks 2 Days cared for from pregnancy, delivery, BBL to 2 weeks of the postpartum period. The results of this research were obtained during the first visit. Woman "KM" complained of frequent urination so she was given IEC regarding the causes and how to deal with complaints. One of the care provided was Kegel exercises. At the second visit, complaints of frequent urination were resolved. In the labor process, namely the first stage lasts \pm 7 hours, the second stage lasts 25 minutes, the third stage lasts 15 minutes and the fourth stage lasts 2 hours. During the first and second stages of labor, the mother complained of intermittent stomach pain. During the postpartum period, no complications were found in the mother. In newborns, the baby immediately cries, the gender is male and the physical condition is within normal limits and no abnormalities are found. Midwifery care for "KM" women at PMB "PP" runs physiologically and continuously.

Keywords: Comprehensive Care, Third Trimester, Frequent Urination, Kegel gymnastics.