

ABSTRAK

Pada trimester III kehamilan, perubahan fisik pada ibu hamil sering kali menyebabkan ketidaknyamanan, termasuk sakit pinggang. Di Puskesmas Sukasada I, dari 21 ibu hamil trimester III yang terdaftar, 7 di antaranya mengeluhkan sakit pinggang. Laporan Tugas Akhir ini bertujuan untuk memberikan asuhan kebidanan komprehensif terhadap keluhan ini. Penelitian dilakukan dengan pendekatan deskriptif studi kasus di PMB "NM" pada periode 19 Februari sampai 27 April 2024, fokus pada seorang ibu "M" G2P1A0 UK 36 minggu 4 hari yang mengalami sakit pinggang hingga masa nifas dan bayi usia 2 minggu. Metode pengumpulan data meliputi wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Pada awal kunjungan, ibu tersebut mengeluh sakit pinggang, dan diberikan penanganan seperti tidur miring kiri, teknik mengangkat benda berat yang tepat, terapi kompres air jahe, serta massage effleurage. Saat kunjungan kedua, keluhan sakit pinggang telah berkurang meskipun masih muncul saat aktivitas yang berlebihan. Ibu tersebut melahirkan secara fisiologis pada tanggal 23 Maret 2024 dengan proses persalinan yang normal, dan bayi perempuan lahir secara spontan pada tanggal 24 Maret 2024. Selama masa nifas, ibu mengalami dua kali kunjungan untuk pemantauan, dan memilih KB suntik 3 bulan sebagai metode kontrasepsi. Dari hasil penelitian ini, disimpulkan bahwa dengan pengelolaan yang tepat, sakit pinggang pada ibu hamil trimester III dapat dikurangi, dan proses persalinan serta masa nifas berjalan tanpa komplikasi.

Kata Kunci : Kehamilan Trimester III, Sakit pinggang, COC



ABSTRACT

In the third trimester of pregnancy, physical changes often lead to discomfort for expectant mothers, including lower back pain. At Puskesmas Sukasada I, out of 21 registered pregnant women in their third trimester, 7 reported experiencing lower back pain. This Final Project Report aims to provide comprehensive maternity care for this issue. The research was conducted using a descriptive case study approach at the "NM" Health Center from February 19 to April 27, 2024, focusing on a mother "M" G2P1A0 at 36 weeks and 4 days gestation who experienced lower back pain up to the postpartum period with a baby aged 2 weeks. Data collection methods included interviews, observations, physical examinations, and document studies. During the initial visit, the mother complained of lower back pain and was treated with interventions such as sleeping on her left side, proper lifting techniques for heavy objects, ginger compress therapy, and effleurage massage. By the second visit, her lower back pain had decreased although it still occurred during excessive activity. She delivered physiologically on March 23, 2024, with a normal labor process, and gave birth to a baby girl spontaneously on March 24, 2024. During the postpartum period, the mother had two monitoring visits and opted for a 3-month contraceptive injection for family planning. Based on the findings of this study, it is concluded that with proper management, lower back pain during the third trimester of pregnancy can be reduced, and both the labor process and postpartum period can proceed without complications.

Keywords: Pregnancy Trimester III, Back pain, COC.

