

## ABSTRAK

Kehamilan merupakan proses alamiah yang membutuhkan perhatian khusus dari tenaga kesehatan karena berkaitan erat dengan kesehatan ibu maupun janin. Pada masa kehamilan, terutama trimester III banyak terjadi perubahan fisik yang dapat menimbulkan ketidaknyamanan bagi ibu hamil salah satunya yaitu nyeri punggung bagian bawah. Kondisi ini apabila tidak segera ditangani dapat berdampak bagi ibu maupun janin. Oleh karena itu, diberikan edukasi serta mengajarkan yoga cat and cow pose pada ibu. Jenis penelitian yang digunakan pada laporan tugas akhir ini adalah deskriptif dengan pendekatan studi kasus. Dilaksanakan di PMB “RW” wilayah kerja Puskesmas Seririt I dengan subjek penelitian yaitu Perempuan “LL” G1P0A0 UK 36 Minggu 6 Hari hingga nifas 2 minggu pertama. Pengumpulan data dilakukan dengan metode wawancara, pengamatan, pemeriksaan fisik, penunjang dan studi dokumentasi. Hasil kunjungan pertama Ny “LL” mengeluh nyeri di punggung bagian bawahnya, telah diberikan edukasi dan mengajarkan yoga cat and cow pose saat melakukan kunjungan rumah. Kunjungan kedua, Ny “LL” sudah tidak ada keluhan. Pada masa persalinan, Ny “LL” mengeluh mengalami nyeri persalinan dan terdapat pembukaan 5 cm. Kala I berlangsung selama 4 jam tanpa penyulit. Kala II selama 10 menit dan bayi lahir pukul 05.50 wita. Kala III berlangsung selama 10 menit tanpa penyulit dan setelah plasenta lahir bidan memasang KB IUD pasca plasenta. Pemantauan kala IV berlangsung selama 2 jam dengan hasil normal. Pada penatalaksanaan langkah APN terdapat kesenjangan yaitu tidak melakukan cek lilitan tali pusat. Pada pelaksanaan asuhan masa nifas dari KF1, KF2 dan KF3 telah sesuai dengan standar. Kemudian, penatalaksanaan pada bayi baru lahir, KN1, KN2 dan KN3 telah sesuai dengan standar asuhan neonatus. Dengan demikian, diharapkan bidan dapat menerapkan asuhan sesuai dengan standar yang telah ditetapkan sehingga dapat memberikan pelayanan yang berkualitas serta dapat menurunkan angka kesakitan atau kematian bagi ibu dan bayi.

**Kata Kunci:** Kehamilan, Nyeri Punggung Bawah, Yoga Cat and Cow Pose, KB IUD Pasca Plasenta.

## **ABSTRACT**

*Pregnancy is a natural process that requires special attention from health workers because it is closely related to the health of the mother and fetus. During pregnancy, especially in the third trimester, there are many physical changes that can cause discomfort for pregnant women, one of which is lower back pain. This condition, if not treated immediately, can have an impact on the mother and fetus. Therefore, education is provided and teaching cat and cow pose yoga to mothers. The type of research used in this final project report is descriptive with a case study approach. It was carried out at PMB "RW" in the working area of the Seririt I Health Center with the research subject, namely Female "LL" G1P0A0 UK 36 Weeks 6 Days to the first 2 weeks of postpartum. Data collection was carried out by interview, observation, physical examination, support and documentation studies. As a result of the first visit, Mrs. "LL" complained of pain in her lower back, had been educated and taught cat and cow pose yoga during home visits. The second visit, Mrs. "LL" had no complaints. During childbirth, Mrs. "LL" complained of labor pain and a 5 cm opening. Phase I lasted for 4 hours without complications. Phase II for 10 minutes and the baby was born at 05.50 WITA. Phase III lasts for 10 minutes without complications and after the placenta is born, the midwife inserts a post-placental IUD. Phase IV monitoring lasted for 2 hours with normal results. In the management of APN steps, there is a gap, namely not checking the cord winding. In the implementation of postpartum care from KF1, KF2 and KF3 has been in accordance with the standards. Then, the management of newborns, KN1, KN2 and KN3 has been in accordance with neonatal care standards. Thus, it is hoped that midwives can implement care in accordance with the standards that have been set so that they can provide quality services and can reduce the rate of illness or death for mothers and babies.*

**Keywords: Pregnancy, Low Back Pain, Cat and Cow Pose Yoga, Post Placental IUD Birth Control.**