

ABSTRAK

Nyeri simfisis adalah keluhan fisiologis pada kebuntingan trimester III yang dirasakan pada area *crista iliaca posterior* dan lipatan gluten. Apabila nyeri simfisis tidak mendapatkan penatalaksanaan yang benar, maka akan peningkatan derajat nyeri seiring bertambahnya usia kehamilan serta kondisi ini dapat menetap hingga 3 bulan *post partum*, hal ini harus mendapatkan penanganan yang tepat dan telaten, salah satunya dengan memberikan asuhan komprehensif pada klien. Tujuan penyusunan Laporan Tugas Akhir ini yaitu diharapkan dapat diterapkan melalui asuhan kebidanan komprehensif pada perempuan "PJ" U.K. 37 Minggu, 3 hari, bersabdomen, nafas 2 minggu dan neonatus 2 minggu. Penelitian yang dipakai dalam laporan tugas akhir ini berjenis penelitian *deskriptif* melalui pendekatan studi kasus. Metode yang dipakai saat melakukan pengumpulan data yaitu wawancara/anamnesis, observasi, pemeriksaan fisik dan pemeriksaan penunjang. Penelitian ini berlokasi di PMB "MR" dengan dilakukannya asuhan kebidanan komprehensif pada perempuan "PJ" dengan usia kehamilan 37 minggu 3 hari hingga neonatus 2 minggu. Kontak pertama kali, perempuan "PJ" mengeluh merasakan nyeri pada daerah simfisis, penanganan yang diberikan berupa KIE penyebab dan penanganan nyeri simfisis dengan melakukan senam pilates, KIE tanda – tanda persalinan dan KIE cara melakukan pembersihan pada payudara. Pada kunjungan kedua nyeri simfisis yang dirasakan perempuan "PJ" sudah mereda dan klien sudah dapat beradaptasi dengan kondisinya saat ini. Proses persalinan perempuan "PJ" berjalan dengan fisiologis, namun dalam tindakan persalinan masih belum sesuai dengan teori 60 langkah APN. Bayi lahir tanpa adanya penyulit maupun komplikasi. Masa nifas perempuan "PJ" berjalan normal serta perempuan "PJ" dapat adaptasi. Neonatus dapat beradaptasi dengan lingkungan barunya serta tidak ada tanda bahaya. Hasil asuhan kebidanan komprehensif yang telah diberikan didapatkan evaluasi bahwa masih terdapat beberapa penyimpangan antara teori dengan asuhan yang telah diterapkan di lapangan, meski begitu hal tersebut tidak berdampak fatal bagi perempuan "PJ" maupun bayinya. Penulis mengharapkan dengan asuhan kebidanan komprehensif yang telah diterapkan, pemahaman masyarakat mengenai pentingnya pemeriksaan kehamilan dapat meningkat sebagai upaya dalam mengantisipasi komplikasi yang mungkin terjadi pada masa kehamilan, persalinan, nifas maupun neonatus.

Kata Kunci : Nyeri Simfisis, Senam Pilates, Asuhan Kebidanan Komprehensif

ABSTRACT

Symphyseal pain is a physiological complaint in pregnant women in the third trimester which is felt in the posterior iliac crest area and gluten folds. If symphyseal pain is not treated properly, the degree of pain will increase as the gestational age increases and this condition can persist for up to 3 months postpartum, this must be treated properly and patiently, one of which is by providing comprehensive care to clients. The purpose of compiling this Final Assignment Report is expected to be implemented through comprehensive midwifery care for women "PJ" UK 37 Weeks 3 days, giving birth, postpartum 2 weeks and neonates 2 weeks. The research used in this final assignment report is a descriptive research type through a case study approach. The methods used when collecting data are interviews/anamnesis, observation, physical examination and supporting examinations. This research is located at PMB "MR" with comprehensive care being carried out on women "PJ" starting from a gestational age of 37 weeks 3 days to postpartum 2 weeks and neonates 2 weeks. The first contact, woman "PJ" complained of pain in the symphysis area, the treatment given was in the form of IEC causes and treatment of symphysis pain by doing pilates exercises, IEC signs of labor and IEC how to clean the breasts. At the time of the second visit, the symphysis pain felt by woman "PJ" had subsided and the client was able to adapt to her current condition. The labor process of woman "PJ" went physiologically, but in the delivery assistance actions it was still not in accordance with the theory of 60 APN steps. The baby was born without any complications. The postpartum period of woman "PJ" went normally and woman "PJ" was able to adapt. Neonates were able to adapt to their new environment and there were no danger signs. The results of the comprehensive midwifery care that had been provided obtained an evaluation that there were still some deviations between the theory and the care that had been applied in the field, even so this did not have a fatal impact on woman "PJ" or her baby. The author hopes that with the comprehensive midwifery care that has been implemented, public understanding of the importance of pregnancy check-ups can increase as an effort to anticipate complications that may occur during pregnancy, childbirth, and postpartum.

Keywords: Symphysis Pain, Pilates Exercise, Comprehensive Midwifery Care