

ABSTRAK

Sering kencing merupakan keluhan fisiologis terjadi karena posisi janin sudah berada di bawah panggul dan memberikan tekanan pada kandung kemih yang menyebabkan adanya keinginan buang air kecil yang berlebih. Walaupun keluhan ini termasuk keluhan yang fisiologis, namun jika tidak segera diatasi akan menyebabkan ketidaknyamanan seperti gangguan istirahat pada ibu, infeksi pada organ reproduksinya, serta dapat berakibat melahirkan preterm. Penelitian ini bertujuan untuk memberikan asuhan kebidanan komprehensif pada Perempuan “LR” di PMB “NS” wilayah kerja Puskesmas Tejakula 1. Jenis penelitian yang digunakan yaitu penelitian deskriptif dengan pendekatan studi kasus yang dilakukan dari hamil trimester III, bersalin, bayi baru lahir, nifas 2 minggu serta teknik pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik dan studi dokumentasi. Hasil penelitian : kunjungan pertama ibu mengeluh sering kencing, telah diberikan edukasi untuk mengatasi keluhan dan mengajarkan senam kegel. Kunjungan kedua keluhan sering kencing ibu sudah sedikit berkurang dan serta istirahat tidurnya sudah tidak terganggu. Pada masa Persalinan kala I berlangsung selama 4 jam, kala II selama 30 menit, kala III 15 menit dan kala IV berlangsung selama 2 jam dengan hasil pemantauan normal. Pada penatalaksanaan 60 langkah APN terdapat beberapa langkah yang tidak dilaksanakan. Bayi lahir spontan belakang kepala tangis kuat gerak aktif, jenis kelamin laki-laki. Inisiasi menyusui dini hanya dilakukan 15 menit. Kunjungan neonatus sebanyak 3 kali tidak ada masalah dan bayi hanya diberikan ASI saja. Kunjungan nifas dilakukan sebanyak 3 kali dan tidak ada komplikasi. Kesimpulan dari asuhan yang diberikan terdapat beberapa perbedaan penatalaksanaan antara teori dan yang diberikan, namun asuhan berjalan kebidanan berjalan secara komprehensif dan berkesinambungan. Saran penulis petugas kesehatan diharapkan melakukan IMD sesuai dengan standar.

Kata Kunci : Sering Kencing, Kehamilan, Komprehensif, Senam kegel

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ABSTRACT

Frequent urination is a physiological complaint that occurs because the fetus is positioned below the pelvis and puts pressure on the bladder which causes an excessive desire to urinate. Even though this complaint is a physiological complaint, if it is not treated immediately it will cause discomfort such as disrupting the mother's rest, infection of her reproductive organs, and can result in preterm birth. This research aims to provide comprehensive midwifery care to "LR" women in the PMB "NS" working area of Tejakula Community Health Center 1. The type of research used is descriptive research with a case study approach carried out from the third trimester of pregnancy, maternity, newborns, postpartum 2 weeks and data collection techniques were carried out through interviews, observation, physical examination and documentation studies. Research results: the first visit the mother complained of frequent urination, she was given education to deal with complaints and taught Kegel exercises. By the second visit, the mother's complaints of frequent urination had reduced slightly and her sleep was no longer disturbed. During the first stage of labor, it lasts 4 hours, the second stage lasts 30 minutes, the third stage lasts 15 minutes and the fourth stage lasts 2 hours with normal monitoring results. In the implementation of the 60 APN steps, there are several steps that are not implemented. The baby was born spontaneously at the back of the head, crying strongly and actively moving, male. Early initiation of breastfeeding only takes 15 minutes. There were no problems with 3 neonatal visits and the baby was only given breast milk. Postpartum visits were carried out 3 times and there were no complications. The conclusion from the care provided is that there are several differences in management between theory and that provided, however, midwifery care runs comprehensively and continuously. The author's suggestion is that health workers are expected to carry out IMD according to standards.

Keywords: *Frequent urination, pregnancy, comprehensive, Kegel exercise*



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