

ABSTRACT

Kehamilan, persalinan dan nifas merupakan suatu proses alamiah yang dialami setiap wanita. Pada ibu hamil trimester III, ketidaknyamanan yang paling sering dirasakan adalah sering kencing. Dilihat dari data registrasi di PMB “DT” sebanyak 21 orang (54%) mengeluh mengalami sering kencing dari jumlah ibu hamil trimester III sebanyak 39 orang. Sering kencing pada ibu hamil trimester III mengakibatkan beberapa dampak pada ibu yaitu terganggunya pola tidur akibat sering terbangun untuk berkemih dan juga dapat memberikan efek samping pada organ reproduksi. Tujuan dari penelitian ini yaitu melaksanakan asuhan kebidanan komprehensif pada Perempuan “KS” di PMB “DT” Wilayah Kerja Puskesmas Sukasada I Kabupaten Buleleng Tahun 2024. Jenis penelitian yang digunakan adalah penelitian *deskriptif* dengan pendekatan studi kasus, subjek penelitian yaitu Perempuan “KS” usia kehamilan 37 minggu 5 hari dengan keluhan sering kencing yang diberikan asuhan dari kehamilan sampai nifas 2 minggu. Hasil penelitian ini pada saat kunjungan pertama yaitu Perempuan “KS” mengeluh mengalami sering kencing sejak 4 hari yang lalu sehingga diberikan KIE mengenai penyebab dan cara mengatasi keluhan tersebut serta mengajarkan ibu melakukan senam kegel untuk dapat mengurangi keluhan tersebut. Pada kunjungan kedua keluhan sering kencing ini sudah berkurang dari sebelumnya. Pada proses persalinan yaitu kala I berlangsung selama 10 jam, Kala II selama 20 menit, Kala III selama 10 menit dan Kala IV selama 2 jam. Selama proses persalinan ibu tidak mengalami keluhan. Pada masa nifas tidak ditemukan adanya komplikasi pada ibu. Bayi Perempuan “KS” lahir dengan *Vigorous Baby* dan langsung dilakukan Inisiasi Menyusu Dini (IMD). Selanjutnya dilakukan penatalaksanaan yaitu memberikan vitamin K dan Hb0 serta dilakukan pemeriksaan fisik. Asuhan kebidanan pada Perempuan “KS” di PMB “DT” berjalan secara fisiologis dan sudah terlaksana secara komprehensif serta bersinambungan.

Kata Kunci : Sering kencing, Senam Kegel, Asuhan Kebidanan Komprehensif

ABSTRACT

Pregnancy, childbirth and postpartum are natural processes experienced by every woman. In the third trimester of pregnancy, the discomfort most often felt is frequent urination. Judging from the registration data at Midwife's independent practice "DT", 21 people (54%) complained of frequent urination out of 39 third trimester pregnant women. Frequent urination in pregnant women in the third trimester results in several impacts on the mother, namely disruption of sleep patterns due to frequently waking up to urinate and can also have side effects on the reproductive organs. The aim of this research is to carry out comprehensive midwifery care for Mrs. "KS" at Midwife's independent practice "DT" Sukasada I Community Healthy Buleleng Regency in 2024. The type of research used was descriptive research with a case study approach, the research subject was Mrs "KS" gestation age 37 weeks 5 days with complaints of frequent urination who was given care from pregnancy until postpartum for the first 2 weeks. The results of this research at the first visit were that the Mrs "KS" complained of frequent urination since 4 days ago so she was given information regarding the causes and how to deal with these complaints and taught the mother to do Kegel exercises to reduce the complaints she was experiencing. At the second visit, complaints of frequent urination had decreased compared to before. In the labor process, the first stage lasts 10 hours, the second stage lasts 20 minutes, the third stage lasts 10 minutes and the fourth stage lasts 2 hours. During the birth process the mother did not experience any complaints. During the postpartum period, no complications were found in the mother. Mrs "KS" baby was born as a Vigerous Baby and immediately underwent Early Breastfeeding and then management was carried out, namely providing vitamin K and Hb0 and a physical examination. Midwifery care for Mrs "KS" at Midwife's independent practice "DT" has been physiological and carried out comprehensively and continuously.

Keywords: Frequent urination, Kegel Exercise, Comprehensive Midwifery Care