

ABSTRAK

Selama masa kehamilan, ibu hamil mengalami berbagai perubahan, termasuk perubahan fisiologis. Perubahan fisiologis ini sering menimbulkan ketidaknyamanan. Salah satu ketidaknyamanan yang umum dialami oleh ibu hamil trimester III adalah nyeri punggung bagian bawah. Meskipun nyeri punggung bagian bawah merupakan kondisi fisiologis yang wajar pada ibu hamil, ketidaknyamanan yang dialami oleh ibu hamil trimester III tetap harus diperhatikan melalui pemberian asuhan kebidanan yang komprehensif. Penelitian ini bertujuan untuk memberikan asuhan kebidanan komprehensif kepada perempuan “KO” di PMB “IP” Wilayah Kerja Puskesmas Sawan 1 Kabupaten Buleleng Tahun 2024, yang mengeluhkan nyeri punggung bagian bawah. Penelitian ini bersifat deskriptif dengan pendekatan studi kasus. Subjek yang diasuh adalah perempuan “KO” dengan usia kehamilan 36 minggu, berisiko rendah, yang mengalami keluhan nyeri punggung bagian bawah dan belum mengetahui cara mengatasinya. Asuhan yang diberikan meliputi KIE terkait penyebab dan cara mengurangi nyeri punggung bagian bawah, serta mengajarkan suami cara melakukan kompres hangat dan pijat endorfin pada ibu hamil. Proses persalinan hingga masa nifas berjalan tanpa komplikasi. Tahapan persalinan kala I, II, dan III berlangsung normal, dengan pemantauan kala IV selama 2 jam setelah persalinan. Asuhan nifas dilakukan pada 9 jam, 4 hari, dan 14 hari pasca persalinan. Bayi yang dilahirkan dalam kondisi sehat (vigerous baby) berjenis kelamin laki-laki. Penanganan bayi meliputi pemberian vitamin K dan Hb0, serta pemeriksaan fisik. Diharapkan, ke depannya tenaga kesehatan, khususnya bidan, mampu memberikan asuhan kebidanan kepada ibu hamil, ibu bersalin, ibu nifas, dan bayi baru lahir sesuai dengan teori yang ada.

Kata Kunci: Kehamilan TM III, Nyeri Punggung Bagian Bawah, Asuhan Kebidanan Komprehensif.

ABSTRACT

During pregnancy, pregnant women experience various changes, including physiological changes. These physiological changes often cause discomfort. One common discomfort experienced by pregnant women in the third trimester is lower back pain. Although lower back pain is a common physiological condition during pregnancy, the discomfort experienced by third-trimester pregnant women still requires attention through comprehensive midwifery care. This study aims to provide comprehensive midwifery care to a woman "KO" at the "IP" Private Midwife Clinic (PMB) in the working area of the Sawan 1 Community Health Center, Buleleng Regency, in 2024, who complained of lower back pain. This research is descriptive with a case study approach. The subject cared for is a 36-week pregnant woman "KO", classified as low-risk, who experienced lower back pain and was not yet aware of how to manage it. The care provided includes counseling on the causes and ways to reduce lower back pain, as well as teaching the husband how to apply warm compresses and perform endorphin massages on the pregnant woman. The labor process and postpartum period proceeded without complications. The stages of labor, from the first to the third stage, were normal, with monitoring in the fourth stage for 2 hours after delivery. Postpartum care was conducted at 9 hours, 4 days, and 14 days after delivery. The baby was born healthy (vigorous baby) and is a boy. Baby care included the administration of vitamin K and Hb0, as well as a physical examination. It is hoped that in the future, health workers, especially midwives, will be able to provide midwifery care to pregnant women, women in labor, postpartum women, and newborns according to existing theories.

Keywords: *TM III Pregnancy, Lower Back Pain, Comprehensive Midwifery Care.*