

## **Asuhan Kebidanan Komprehensif Pada Perempuan “WN” di PMB “PA” Wilayah Kerja Puskesmas Buleleng II Tahun 2024**

### **ABSTRAK**

Kehamilan trimester III disebut pula dengan periode kewaspadaan dan penantian. Pada kehamilan trimester III, ketidaknyamanan yang paling sering dialami adalah sering. Berdasarkan data register di PMB “PA” sebanyak 12 orang (40%) dari 30 ibu hamil trimester III mengeluh sering kencing. Sering kencing dalam kehamilan dapat menyebabkan gangguan tidur, infeksi saluran kemih (ISK), potensi persalinan premature, pertumbuhan dan perkembangan janin terhambat dan jalan lahir mati (*stillbirth*). Adapun tujuan dilakukannya penelitian ini yaitu untuk melaksanakan asuhan kebidanan komprehensif pada Perempuan “WN” di PMB “PA” Wilayah Kerja Puskesmas Buleleng II Tahun 2024. Jenis penelitian yang digunakan adalah penelitian deskriptif dengan pendekatan studi kasus, subjek penelitiannya yaitu Perempuan “WN” G4P3A0 UK 36 Minggu 2 Hari yang diasuh dari hamil, bersalin, BBL hingga 2 minggu masa nifas. Hasil penelitian ini didapatkan saat kunjungan pertama Perempuan “WN” mengeluh sering kencing sehingga diberikan KIE mengenai penyebab dan cara mengatasi keluhan salah satu asuhan yang diberikan yaitu senam kegel. Pada kunjungan kedua keluhan sering kencing dapat teratasi. Pada proses persalinan yaitu kala I berlangsung ±9 jam, kala II berlangsung 15 menit, kala III berlangsung 10 menit dan kala IV berlangsung selama 2 jam. Selama proses persalinan saat kala I dan II ibu mengeluh sakit perut hilang timbul. Pada masa nifas tidak ditemukan komplikasi pada ibu. Pada bayi baru lahir, bayi segera menangis, jenis kelamin perempuan dan keadaan fisik dalam batas normal dan tidak ditemukan kelainan apapun. Asuhan kebidanan pada Perempuan “WN” di PMB “PA” berjalan secara fisiologis dan sudah terlaksana secara komprehensif dan berkesinambungan.

**Kata Kunci : Kehamilan TM III, Sering Kencing, Senam Kegel, Asuhan Kebidanan Komprehensif.**

## **Comprehensive Midwifery Care for Mrs “WN” at PMB “PA” in the Working Area of the Buleleng 2 Health in 2024**

### **ABSTRACT**

Pregnancy, childbirth, and postpartum are natural processes experienced by every woman. Pregnant women will experience significant changes that make them feel uncomfortable. The discomfort that often occurs in pregnant women in TM III is frequent urination. Based on register data at PMB "PA" as many as 12 people (40%) out of 30 TM III pregnant women complained of frequent urination. Frequent urination during pregnancy can cause dampness in the female area, urinary tract infections, stunted fetal growth and development, and stillbirth. This research aims to carry out comprehensive midwifery care for women in the PMB "PA" working area of the Buleleng Public Health Center, Buleleng Regency in 2024. The type of research used is descriptive research with a case study approach, the research subjects are women "WN" TM III (UK  $\geq$  36 weeks) who are cared for from pregnancy until 2 weeks of the postpartum period. The results of this research were that during the first visit, the woman "WN" complained of frequent urination so she was given IEC regarding the causes and how to deal with complaints one of the treatments provided is Kegel exercises. At the second visit, complaints of frequent urination had been resolved. In the labor process, namely the first stage lasts  $\pm$  9 hours, the second stage lasts 15 minutes, the third stage lasts 5 minutes and the fourth stage lasts 2 hours. During the first and second stages of labor, the mother complained of intermittent stomach pain. During the postpartum period, no complications were found in the mother. When the baby is just born, the baby immediately cries, the gender is female the physical condition is within normal limits and there are no abnormalities. Midwifery care for "WN" women at PMB "PA" runs physiologically and has been carried out comprehensively and continuously.

**Keywords: TM III Pregnancy, Frequent Urination, Kegel Gymnastics Comprehensive Midwifery Care.**