

## ABSTRAK

Kehamilan Trimester III dimulai dari usia kehamilan 28 minggu sampai 42 minggu. Seorang perempuan yang sedang hamil akan mengalami beberapa perubahan pada dirinya, baik itu secara fisik maupun psikologisnya. Ketidaknyamanan yang sering dialami oleh ibu hamil ketika TM III salah satunya yaitu sakit punggung. Sakit punggung bila tidak ditangani dengan segera maka dapat berpengaruh terhadap proses persalinan, nifas, bahkan ke bayi, dengan demikian maka dilakukan asuhan kebidanan komprehensif dengan pendekatan studi kasus. Subjek penelitian pada kasus ini yaitu perempuan “SR” G2P0A1 UK 36 Minggu 1 Hari hingga nifas 14 hari dan bayi baru lahir sampai neonatus 14 hari. Metode pengumpulan data dilakukan dengan metode wawancara, pengamatan, pemeriksaan fisik, pemeriksaan penunjang dan dokumentasi. Hasil studi kasus kunjungan pertama ibu “SR” mengeluh aktivitasnya sedikit terganggu akibat keluhan sakit punggung yang dialami, telah diberikan edukasi untuk mengatasi keluhan dan mengajarkan masasse effleurage. Pada kunjungan kedua, ibu “SR” tidak ada gangguan aktivitas serta mengatakan tidak ada keluhan, telah diberikan edukasi mengenai tanda gejala persalinan. Pada persalinan Kala I-IV berjalan dengan normal tanpa ada penyulit, namun terdapat kesenjangan pada penatalaksanaan Kala II dikarenakan tidak melakukan pengecekan tali pusat, serta tidak mengecek janin kedua. Pada penatalaksanaan kala IV pada ibu “SR” tidak ditemukan kesenjangan. Pada masa nifas berjalan dengan baik dan normal, tidak ditemukan kesenjangan, pada penatalaksanaan KF1 terdapat kesenjangan karena memulangkan pasien sebelum 24 jam. Pada penatalaksanaan bayi baru lahir serta KN1, KN2 dan KN3 telah sesuai pada standar asuhan neonatus. Berdasarkan hasil asuhan kebidanan komprehensif ibu “KS” diharapkan klien dapat menerapkan edukasi yang sudah diberikan sehingga dapat mencegah terjadinya komplikasi. Hendaknya bidan menerapkan asuhan kebidanan komprehensif sesuai dengan standar asuhan yang telah ditetapkan agar dapat menurunkan angka kesakitan dan kematian pada ibu dan bayi.

**Kata Kunci : Ibu Hamil Trimester III, Sakit Punggung, Massase Effleurage**

## ABSTRACT

Pregnancy in the third trimester starts from 28 weeks to 42 weeks of gestation. A woman who is pregnant will experience several changes in herself, both physically and psychologically. One of the discomforts that is often experienced by pregnant women during TM III is back pain. Back pain, if not treated immediately, can affect the delivery process, postpartum, and even the baby, thus comprehensive obstetric care is carried out with a case study approach. The subjects of the study in this case were "SR" G2P0A1 UK women 36 weeks 1 day to postpartum 14 days and newborns up to 14 days of neonatus. The data collection method is carried out by interview, observation, physical examination, supporting examination and documentation. The results of the case study of the first visit of the mother "SR" complained that her activities were slightly disrupted due to complaints of back pain experienced, education has been given to overcome complaints and teach massage effleurage. On the second visit, Mrs. "SR" had no activity disturbances and said that there were no complaints, and had been educated about the signs of labor symptoms. In childbirth Period I-IV went normally without complications, but there was a gap in the management of Period II because they did not check the umbilical cord, and did not check the second fetus. In the management of stage IV in "SR" mothers, no gaps were found. During the postpartum period, it went well and normally, no gap was found, in the management of KF1 there was a gap because the patient was discharged before 24 hours. In the management of newborns as well as KN1, KN2 and KN3 are in accordance with the standards of neonatal care. Based on the results of the comprehensive midwifery care of "KS" mothers, it is hoped that clients can apply the education that has been provided so that they can prevent complications. Midwives should implement comprehensive midwifery care in accordance with the established standards of care in order to reduce the rate of illness and death in mothers and babies.

**Keywords: Pregnant Woman in the Third Trimester, Back Pain, Mass Effleurage**