

ABSTRAK

Kehamilan trimester ketiga merupakan fase krusial yang ditandai oleh berbagai perubahan fisiologis, salah satunya adalah sering buang air kecil yang kerap menimbulkan ketidaknyamanan dan mengganggu aktivitas ibu hamil. Studi kasus ini bertujuan untuk memberikan asuhan kebidanan komprehensif pada perempuan “LA” G2P1A0 di TPMB “MW” wilayah kerja Puskesmas Gerokgak I mulai usia kehamilan 36 minggu hingga 8 hari masa nifas. Jenis deskriptif dengan pendekatan studi kasus, dilakukan pada 10 Maret–13 Mei 2025. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi SOAP. Hasil menunjukkan bahwa keluhan sering kencing merupakan gejala fisiologis trimester ketiga yang berhasil ditangani melalui pemberian Komunikasi, Informasi, dan Edukasi (KIE) serta senam kegel. Persalinan berlangsung secara normal dengan presentasi belakang kepala dan bayi lahir dalam kondisi sehat. Masa nifas ibu berjalan fisiologis tanpa komplikasi. Pembahasan menunjukkan kesesuaian antara teori dan praktik lapangan, membuktikan bahwa pendekatan Continuity of Care (COC) efektif meningkatkan kenyamanan ibu, mencegah komplikasi, dan mengoptimalkan kesehatan ibu serta bayi. Disimpulkan bahwa asuhan kebidanan komprehensif memiliki dampak positif yang signifikan dalam pelayanan maternal.

Kata kunci : asuhan kebidanan komprehensif, Trimester III, sering kencing



ABSTRACT

The third trimester of pregnancy is a crucial phase marked by various physiological changes, one of which is frequent urination which often causes discomfort and interferes with the activities of pregnant women. This case study aims to provide comprehensive midwifery care for women "LA" G2P1A0 at TPMB "MW" in the Gerokgak I Health Center working area from 36 weeks of pregnancy to 8 days of postpartum. The descriptive type with a case study approach was conducted on March 10-May 13, 2025. Data were collected through interviews, observations, physical examinations, and SOAP documentation. The results showed that complaints of frequent urination were physiological symptoms of the third trimester that were successfully treated through the provision of Communication, Information, and Education (KIE) and Kegel exercises. Labor took place normally with a posterior presentation and the baby was born in a healthy condition. The mother's postpartum period was physiological without complications. The discussion shows the suitability between theory and field practice, proving that the Continuity of Care (COC) approach is effective in increasing maternal comfort, preventing complications, and maintaining the health of the mother and baby. It is concluded that comprehensive midwifery care has a significant positive impact on maternal services.

Keywords: *comprehensive midwifery care, Trimester III, frequent urination*

