

ABSTRAK

Ibu hamil primigravida rentan mengalami kecemasan dan ketidaknyamanan fisik akibat perubahan fisiologis, psikologis, serta kurangnya pengetahuan mengenai proses kehamilan dan persalinan. Jika tidak ditangani dengan tepat, kondisi ini dapat berkembang menjadi masalah yang lebih serius. Untuk mengatasinya, bidan memiliki peran penting dalam memberikan asuhan kebidanan berkelanjutan (*Continuity of Care*) yang terintegrasi dengan prinsip *Women-Centered Care*. Pendekatan ini menempatkan perempuan sebagai pusat perhatian dan pengambil keputusan dalam setiap tahap asuhan. Tujuan dari studi kasus ini yaitu mampu melakukan asuhan kebidanan komprehensif pada Perempuan “SL” di PMB “KS” wilayah kerja Puskesmas Sawan 1 Kabupaten Buleleng tahun 2025. Penelitian deskriptif dengan pendekatan studi kasus ini menggunakan metode pengumpulan data melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi selama periode kehamilan hingga nifas dan neonatus berusia 14 hari. Pada kunjungan pertama, keluhan nyeri pinggang diatasi dengan edukasi dan pijat akupresur dipadukan kompres hangat, yang terbukti menurunkan intensitas nyeri pada kunjungan kedua. Persalinan berlangsung normal (APN) dengan durasi kala I sebesar 2 jam 30 menit, kala II 35 menit, kala III 10 menit, dan kala IV 2 jam tanpa komplikasi. Masa nifas dari KF I–KF III berjalan lancar tanpa tanda bahaya, selama kunjungan neonatus KN I–KN III tidak ditemukan adanya tanda bahaya dan tanda infeksi. Berdasarkan asuhan pada perempuan “SL”, diketahui bahwa keluhan nyeri pinggang pada ibu hamil dapat ditangani secara efektif melalui intervensi pijat akupresur yang dipadukan dengan pemberian kompres hangat. Penerapan asuhan kebidanan komprehensif terbukti mampu mengurangi ketidaknyamanan, mendukung kelancaran proses persalinan, serta mempercepat pemulihan pascapartum. Meskipun masih ditemukan beberapa tindakan yang belum sepenuhnya sesuai dengan standar, asuhan berkesinambungan berbasis bukti tetap menunjukkan hasil yang positif. Oleh karena itu, disarankan agar bidan praktik mandiri dan ibu hamil secara konsisten menerapkan asuhan kebidanan yang berkesinambungan dan sesuai standar untuk menjamin kesejahteraan ibu dan bayi secara optimal.

Kata Kunci: Perempuan Hamil, *Continuity of Care*, Pijat Akupresur, *Women Centered Care*

ABSTRACT

Primigravida pregnant women are prone to experiencing anxiety and physical discomfort due to physiological, psychological changes, and a lack of knowledge about the pregnancy and childbirth process. If not treated appropriately, this condition can develop into a more serious problem. To overcome this, midwives have an important role in providing continuous midwifery care (Continuity of Care) that is integrated with the principles of Women-Centered Care. This approach places women at the center of attention and decision-makers at every stage of nurturing. The purpose of this case study is to be able to carry out comprehensive obstetric care for "SL" women in PMB "KS" in the working area of the Sawan 1 Health Center, Buleleng Regency in 2025. This descriptive research with a case study approach uses data collection methods through interviews, observations, physical examinations, and documentation studies during the gestational period until postpartum and neonates are 14 days old. At the first visit, the complaints of low back pain were overcome with education and acupressure massage combined with warm compresses, which were shown to reduce the intensity of pain at the second visit. Delivery took place normally (APN) with a duration of 2 hours 30 minutes in period I, period II 35 minutes, period III 10 minutes, and period IV 2 hours without complications. The postpartum period from KF I-KF III went smoothly without any signs of danger; during the neonatal visit of KN I-KN III there were no signs of danger and signs of infection. Based on the care of "SL" women, it is known that complaints of low back pain in pregnant women can be effectively treated through acupressure massage interventions and warm compresses. The implementation of comprehensive midwifery care has been proven to be able to reduce discomfort, support the smooth delivery process, and accelerate postpartum recovery. Although some measures are still found that are not fully up to standard, evidence-based continuous care still shows positive results. Therefore, it is recommended that independent practice midwives and pregnant women consistently implement continuous and standard obstetric care to ensure the optimal welfare of mothers and babies.

Keywords: *Pregnant Women, Continuity of Care, Acupressure, Women Centered Care*