

**Asuhan Kebidanan Komprehensif Pada  
Perempuan “KA” di PMB “MD” Wilayah  
Kerja Puskesmas Kubutambahan II  
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**ABSTRAK**

Sering kencing merupakan peningkatan frekuensi kencing lebih dari 8 kali atau 9-10 kali dalam sehari (Nukuhaly & Kasmiati, 2022). Secara fisiologis sering kencing disebabkan karena beban kerja ginjal lebih berat untuk menyaring volume darah dibanding saat sebelum hamil dan memproduksi lebih banyak urine sehingga ibu hamil lebih sering ke kamar mandi. Jika tidak diatasi dengan baik, sering kencing dapat memicu faktor risiko pada ibu selama masa kehamilan, masa nifas bahkan pada bayi. Tujuan dari penelitian ini yaitu melaksanakan asuhan kebidanan komprehensif pada Perempuan “KA” di TPMB “MD” Wilayah kerja Puskesmas Kubutambahan II Kabupaten Buleleng Tahun 2025. Jenis penelitian yang digunakan adalah penelitian studi kasus, subjek penelitiannya yaitu Perempuan “KA” TM III UK 36 minggu 4 hari yang diasuh dari hamil sampai 2 minggu masa nifas. Hasil penelitian ini adalah saat kunjungan pertama di trimester III ibu mengeluh sering kencing, namun ibu sudah mampu beradaptasi dengan keluhan setelah diberikan KIE penyebab dan cara mengatasi keluhan serta diberikan asuhan terapi non farmakologis senam kegel. Pada proses persalinan kala I berlangsung ± 6 jam, kala II berlangsung 25 menit, kala III berlangsung 10 menit dan kala IV berlangsung selama 2 jam. Pada persalinan kala I dipasang infus RL 500ml untuk memenuhi kebutuhan hidrasi ibu dan pada kala II persalinan dilakukan tindakan hisap lendir menggunakan bola karet saat setelah bayi lahir walau bayi menangis dan dapat bernafas secara spontan. Selama masa nifas, ibu dan bayi telah mendapatkan asuhan yang sesuai, hasil pemeriksaan dalam batas normal dan tidak terdapat komplikasi pada ibu maupun bayi. Asuhan kebidanan pada Perempuan “KA” di TPMB “MD” diberikan secara berkesinambungan dengan beberapa kesenjangan yang dapat ditemui antara teori dengan praktik di lapangan.

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

***Comprehensive Midwifery Care for Mrs. "KA"  
at "MD" Midwifery Practice, Kubutambahan II Public Health Center,  
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***ABSTRACT***

*Frequent urination is defined as an increase in the frequency of urination to more than 8 times or 9–10 times a day (Nukuhaly & Kasmianti, 2022). Physiologically, frequent urination during pregnancy is caused by the increased workload of the kidneys in filtering a larger blood volume compared to the pre-pregnancy state, resulting in increased urine production and causing pregnant women to urinate more frequently. If not managed properly, this complaint can lead to risk factors for the mother during pregnancy, the postpartum period, and even for the baby. The aim of this study is to implement comprehensive midwifery care for Mrs. "KA" at "MD" Midwifery Practice in the working area of Kubutambahan II Public Health Center, Buleleng Regency, in 2025. The type of research used is a case study, with the research subject being a woman named "KA" in her third trimester of pregnancy at 36 weeks and 4 days gestation, who was cared for from pregnancy through to the second week postpartum. The results of this study showed that at the first visit during the third trimester, the mother complained of frequent urination. However, she was able to adapt to the complaint after being given counseling on its causes and ways to manage it, along with non-pharmacological therapy in the form of Kegel exercises. During labor, the first stage lasted approximately 6 hours, the second stage lasted 25 minutes, the third stage lasted 10 minutes, and the fourth stage lasted 2 hours. In the first stage of labor, an intravenous infusion of 500 ml Ringer's Lactate was administered to meet the mother's hydration needs. In the second stage, suction was performed using a rubber bulb after the baby was born, even though the baby cried and was able to breathe spontaneously. During the postpartum period, both the mother and baby received appropriate care. Examination results were within normal limits, and there were no complications found in either the mother or the baby. Midwifery care for Mrs. "KA" at "MD" Midwifery Practice was provided continuously, although some gaps between theory and field practice were observed.*

***Keywords: Third Trimester Pregnancy, Frequent Urination, Comprehensive Midwifery Care.***