

ABSTRAK

Kehamilan, persalinan, dan nifas adalah proses alamiah yang dialami setiap perempuan. Ibu hamil akan mengalami perubahan yang signifikan yang membuat ibu merasakan ketidaknyamanan. Ketidaknyamanan yang sering terjadi pada ibu hamil di TM III yaitu nyeri punggung. Berdasarkan data register di PMB“LM” sebanyak 7 orang dari 17 orang ibu hamil TM III mengeluh nyeri punggung. Tujuan dari penelitian ini yaitu memberikan asuhan kebidanan komprehensif pada Perempuan “MD” di PMB “LM” Wilayah kerja Puskesmas Sawan 1 Kabupaten Buleleng Tahun 2024. Jenis penelitian yang digunakan adalah penelitian deskriptif dengan pendekatan studi kasus, subjek penelitiannya yaitu Perempuan “MD” TM III (UK $\geq$ 36 Minggu) dengan kehamilan risiko rendah yang diasuh dari hamil sampai 2 minggu masa nifas. Hasil penelitian ini adalah saat kunjungan pertama Perempuan “MD” mengeluh nyeri punggung sehingga diberikan KIE mengenai penyebab dan cara mengatasi keluhan salah satu asuhan yang diberikan yaitu pijat efflurage. Pada kunjungan kedua keluhan nyeri punggung sudah dapat teratasi. Pada proses persalinan yaitu kala I berlangsung $\pm$ 8 jam, kala II berlangsung 25 menit, kala III berlangsung 15 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 saat baru lahir bayi segera menangis, jenis kelamin Laki-laki, dan keadaan fisik dalam batas normal serta tidak ada kelainan. Asuhan kebidanan pada Perempuan “MD” di PMB “LM” berjalan secara fisiologis dan sudah terlaksana secara komprehensif dan berkesinambungan. Diharapkan kedepannya tenaga kesehatan khususnya bidan mampu melakukan asuhan kebidanan pada ibu hamil, ibu bersalin, ibu nifas, serta bayi baru lahir sesuai dengan teori yang ada.

Kata Kunci: Kehamilan Trimester III, Pijat Effleurage, Asuhan Kebidanan Komprehensif.

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 back pain. Based on the registration data in PMB "LM" as many as 7 out of 17 pregnant women in TM III complained of back pain. The purpose of this study is to provide comprehensive midwifery care to mrs "MD" women in PMB "LM" in the working area of Sawan 1 Community Health Center, Buleleng Regency in 2024. The type of research used is descriptive research with a case study approach, the research subjects were mrs "MD" in TM III (UK $\geq$ 36 weeks) with low-risk pregnancies who were cared for from pregnancy to 2 weeks of postpartum. The results of this study are during the first visit, mrs "MD" complained of back pain so they were given IEC regarding the causes and ways to overcome complaints, one of the care provided was efflurance massage. On the second visit, complaints of back pain were resolved. During the labor process, the first stage lasted approximately 8 hours, the second stage lasted 25 minutes, the third stage lasted 15 minutes, and the fourth stage lasted 2 hours. During the labor process, the mother complained of intermittent abdominal pain. During the postpartum period, no complications were found in the mother. The baby cried immediately when he was born, was male, and his physical condition was within normal limits and there were no abnormalities. Midwifery care for mrs "MD" at PMB "LM" was physiologically carried out and has been implemented comprehensively and continuously. It is hoped that in the future, health workers, especially midwives, will be able to provide midwifery care to pregnant women, women giving birth, postpartum women, and newborns in accordance with existing theories.

Keywords: *Trimesters III Pregnancy , Effleurage Massage , Comprehensive Midwifery Care.*