

ABSTRAK

Masa kehamilan trimester III sering kali disertai dengan berbagai ketidaknyamanan fisik, salah satunya adalah nyeri punggung. Di Indonesia, prevalensi nyeri punggung pada ibu hamil cukup tinggi, yakni mencapai 60% hingga 80%. Kondisi ini dipicu oleh perubahan pusat gravitasi tubuh akibat pertumbuhan janin yang memaksa otot punggung bekerja lebih keras. Penanganan non-farmakologis seperti asuhan komplementer prenatal yoga diketahui efektif dalam meningkatkan kekuatan panggul dan merangsang endorfin untuk mengurangi intensitas nyeri tersebut. Tujuan Penelitian ini adalah memberikan asuhan kebidanan komprehensif secara *Continuity of Care* (CoC) pada Perempuan “GK” mulai dari masa kehamilan trimester III dengan fokus penanganan nyeri punggung, persalinan, nifas, hingga bayi baru lahir. Jenis penelitian ini adalah studi kasus deskriptif secara berkesinambungan yang dilakukan di TPMB “NS” wilayah kerja Puskesmas Sukasada I pada bulan Februari hingga April 2026. Teknik pengumpulan data meliputi wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi menggunakan format SOAP. Hasil menunjukkan ibu melakukan kunjungan ANC secara teratur sebanyak 2 kali dengan keluhan nyeri punggung. Intervensi yang diberikan berupa edukasi dan asuhan komplementer prenatal yoga yang membantu mengurangi ketidaknyamanan tersebut. Persalinan berlangsung secara spontan pada usia kehamilan aterm sesuai 60 langkah APN tanpa tindakan episiotomi, tidak terdapat laserasi jalan lahir, dan tidak terdapat komplikasi. Bayi baru lahir dalam keadaan sehat, tangis kuat, gerak aktif, berjenis kelamin laki-laki dengan berat lahir 3.300 gram dan mendapatkan asuhan neonatal sesuai standar tanpa komplikasi. Pada masa nifas proses involusi uterus dan pengeluaran *lochea* berjalan normal, serta Perempuan “GK” telah menggunakan kontrasepsi IUD pasca plasenta. Penelitian menunjukkan bahwa asuhan kebidanan komprehensif pada Perempuan “GK” telah sesuai dengan standar pelayanan.

Kata Kunci: Asuhan Komprehensif, *Continuity of Care*, Nyeri Punggung, Prenatal Yoga.

ABSTRACT

The third trimester of pregnancy is often accompanied by various physical discomforts, one of which is back pain. In Indonesia, the prevalence of back pain among pregnant women is considerably high, reaching 60% to 80%. This condition is triggered by shifts in the body's center of gravity due to fetal growth, which forces the back muscles to work harder. Non-pharmacological interventions, such as complementary prenatal yoga care, are known to be effective in increasing pelvic strength and stimulating endorphins to reduce the intensity of the pain. The purpose of this study is to provide comprehensive midwifery care through a Continuity of Care (CoC) approach for Mrs. "GK", starting from the third trimester of pregnancy with a focus on managing back pain, through childbirth, postpartum, and newborn care. This type of research is a descriptive, continuous case study conducted at TPMB "NS" within the working area of the Sukasada I Public Health Center from February to April 2026. Data collection techniques included interviews, observations, physical examinations, and documentation studies using the SOAP format. The results showed that the mother made regular antenatal care (ANC) visits 2 times with complaints of back pain. Interventions provided included education and complementary prenatal yoga care, which helped reduce the discomfort. Delivery occurred spontaneously at term pregnancy in accordance with the 60 steps of Normal Childbirth Care (APN) without episiotomy, with no birth canal lacerations, and no complications. The newborn was healthy, cried strongly, active, male, weighing 3,300 grams at birth, and received standard neonatal care without complications. During the postpartum period, the process of uterine involution and lochia discharge proceeded normally, and Mrs. "GK" had used a post-placental IUD contraceptive. The study shows that the comprehensive midwifery care provided to Mrs. "GK" was in accordance with clinical service standards.

Keywords: *Comprehensive Care, Continuity of Care, Back Pain, Prenatal Yoga.*