

ABSTRAK

Ketidaknyamanan yang sering terjadi pada ibuhamil trimester III adalah sering kencing. Apabila keluhan sering kencing ini tidak teratasi bisa mengarah ke Infeksi Saluran Kemih (ISK). Maka dari itu, dilakukan asuhan yang komprehensif. Hasil studi pendahuluan yang dilakukan di TPMB “MY” terdapat 7 orang dari 19 ibuhamil UK ≥ 36 minggu. Jenis penelitian yang dilakukan adalah penelitian deskriptif dengan metode studi kasus. Kegiatan ini berlangsung di TPMB “MY” pada tanggal 17 hingga 30 April 2025. Dalam kasus ini, subjeknya adalah perempuan bernama “AM” G2P1A0 UK 38 Minggu 1 Hari yang mengalami masalah sering buang air kecil yang diobservasi di TPMB “MY” yang terletak di Desa Tegallingah, Kecamatan Sukasada Metode yang dipakai untuk mengumpulkan informasi adalah melalui wawancara, pengamatan, pemeriksaan fisik, serta analisis dokumen. Untuk pengumpulan data, digunakan alat sebagai pedoman dalam memberikan perawatan. Pada pertemuan pertama, ibu melaporkan keluhan mengenai frekuensi buang air kecil di malam hari yang mengganggu kualitas tidurnya, serta diberikan saran untuk mengurangi frekuensi tersebut serta melakukan Senamkegel. Pada pertemuan kedua, masalah sering buang air kecil di malam hari pada ibu sudah teratasi. Selama persalinan, kala I berlangsung 8 jam 10 menit, kala II 20 menit, kala III 7 menit serta kala IV 2 jam tanpa penyulit. Bayi lahir tangis kuat, gerak aktif, jenis kelamin laki-laki. Pada asuhan kala II terdapat kesenjangan seperti asuhan persalinan tidak dilakukan secara keseluruhan yaitu diantaranya tidak melakukan pemeriksaan lilitan tali pusat, tidak menunggu putar paksi luar serta tidak melakukan sangga susur. Pada asuhan bayi baru lahir terdapat kesenjangan yaitu tidak melakukan IMD serta tidak melakukan pemeriksaan fisik lengkap pada bayi baru lahir. Pada masa nifas ibu tidak ada komplikasi serta penyulit. Tidak melakukan kunjungan KF II serta KF III serta KN II serta KN III karena da kesibukan, diharapkan kedepannya tenaga kesehatan memantau pasien serta dapat mengunjungi pasien kerumah jika pasien kesulitan datang kelokasi atau TPMB. Disarankan kepada biserta dapat meningkatkan asuhan secara komprehensif dalam melakukan pelayanan yang berkualitas bagi kesehatan ibu, anak serta masyarakat.

Kata Kunci : *Ibuhamil Trimester III, Sering Kencing, Senamkegel, Continuity of Care (COC).*

ABSTRACT

A common discomfort experienced by third-trimester pregnant women is frequent urination. If left unaddressed, this issue can lead to a Urinary Tract Infection (UTI). Therefore, comprehensive care is required. Based on a preliminary study conducted at TPMB 'MY', this condition affected 7 out of 19 pregnant women with a gestational age of ≥ 36 weeks. The type of research conducted was descriptive research using a case study method. This activity took place at TPMB 'MY' from April 17 to April 30, 2025. In this case, the subject was a woman named 'AM', G2P1A0, with a gestational age of 38 weeks and 1 day, who experienced frequent urination and was observed at TPMB 'MY', located in Tegallingsah Village, Sukasada District. The methods used to gather information were interviews, observations, physical examinations, and document analysis. For data collection, instruments were used as guidelines in providing care. At the first meeting, the mother reported complaints regarding nighttime urination frequency that disrupted her sleep quality, and advice was given to reduce this frequency as well as to perform Kegel exercises. By the second meeting, the mother's nighttime frequent urination issue had been resolved. During labor, the first stage lasted 8 hours and 10 minutes, the second stage lasted 20 minutes, the third stage lasted 7 minutes, and the fourth stage lasted 2 hours without complications. The baby was born crying vigorously, actively moving, and was male. In the second-stage care, gaps were found as delivery care was not fully performed; these included not checking for umbilical cord entanglement, not waiting for external restitution (external rotation), and not performing the support-and-slide technique (sangga susur). In newborn care, gaps identified were the absence of Early Initiation of Breastfeeding (IMD/EIBF) and the omission of a complete physical examination on the newborn. During the postpartum period, the mother experienced no complications or difficulties. The second and third postpartum visits (KF II & KF III), as well as the second and third newborn visits (KN II & KN III), were not conducted due to personal busyness; it is hoped that in the future, healthcare providers will monitor patients and conduct home visits if patients face difficulties coming to the facility or TPMB. It is recommended that midwives enhance comprehensive care to provide quality services for maternal, child, and community health.

Keywords: *Third Trimester Pregnant Women, Frequent Urination, Kegel Exercises, Continuity of Care (COC).*