

ABSTRAK

Kehamilan trimester III merupakan masa kehamilan yang sering menimbulkan ketidaknyamanan fisiologis akibat perubahan hormonal dan pembesaran *uterus*, salah satunya adalah sering buang air kecil. Berdasarkan data registrasi di TPMB “NL” Wilayah Kerja Puskesmas Sawan 1 Kabupaten Buleleng Tahun 2026, sebanyak 47,6% ibu hamil trimester III mengalami keluhan sering buang air kecil. Keluhan ini dapat mengganggu kenyamanan dan kualitas istirahat ibu sehingga diperlukan asuhan kebidanan komprehensif secara *Continuity of Care* (COC). Tujuan studi kasus ini adalah memberikan Asuhan Kebidanan Komprehensif pada Perempuan “NP” di TPMB “NL” Wilayah Kerja Puskesmas Sawan 1 Kabupaten Buleleng Tahun 2026. Jenis penelitian yang digunakan adalah deskriptif dengan pendekatan studi kasus. Asuhan komprehensif dilakukan pada Perempuan “NP” sejak usia kehamilan 35 minggu 6 hari yang diasuh mulai dari kehamilan trimester III, persalinan, bayi baru lahir, masa nifas, hingga keluarga berencana. Pelaksanaan dilakukan pada tanggal 11 Maret 2026 sampai 30 April 2026 di TPMB “NL” dengan menggunakan pendekatan manajemen kebidanan 7 langkah *Varney* dan pendokumentasian SOAP. Pada masa kehamilan ibu mengalami keluhan sering buang air kecil. Pada kunjungan pertama ibu diberikan KIE mengenai cara mengatasi ketidaknyamanan trimester III dan dianjurkan melakukan senam kegel secara rutin. Pada kunjungan selanjutnya keluhan yang dirasakan ibu mulai berkurang, hal ini menunjukkan bahwa edukasi dan latihan senam kegel dapat diterapkan dengan baik. Kehamilan berlangsung fisiologis hingga usia kehamilan 41 minggu. Pada saat persalinan berlangsung spontan belakang kepala dengan Kala I $\pm$ 6 jam, Kala II 25 menit, Kala III 15 menit, dan Kala IV 2 jam. Bayi lahir spontan, menangis kuat, gerak aktif, dan dalam kondisi *vigorous baby*. Pada masa nifas dan neonatus hasil pemeriksaan ibu dan bayi dalam batas normal, *involution uterus* berjalan baik, pengeluaran *lochea* normal, serta ASI lancar. Simpulan yang dapat ditarik dari kasus tersebut yaitu asuhan kebidanan komprehensif dengan pendekatan *Continuity of Care* (COC) dapat membantu memantau kondisi ibu dan bayi secara optimal, mendeteksi komplikasi secara dini, serta meningkatkan kesehatan ibu dan bayi mulai dari masa kehamilan hingga nifas dan neonatus.

Kata Kunci: Asuhan Kebidanan Komprehensif, *Continuity of Care*, Kehamilan Trimester III, Sering Kencing.

ABSTRACT

Third trimester pregnancy is a period that often causes physiological discomfort due to hormonal changes and uterine enlargement, one of which is frequent urination. Based on registration data at TPMB "NL" in the Working Area of Sawan I Public Health Center, Buleleng Regency in 2026, 47.6% of third trimester pregnant women experienced complaints of frequent urination. This complaint may affect maternal comfort and quality of rest, therefore comprehensive midwifery care through a Continuity of Care (COC) approach is needed. The purpose of this case study was to provide Comprehensive Midwifery Care for Mrs. "NP" at TPMB "NL", in the Working Area of Sawan I Public Health Center, Buleleng Regency, in 2026. This study used a descriptive design with a case study approach. Comprehensive care was provided to Mrs. "NP" starting from 36 weeks and 1 day of gestation covering third trimester pregnancy, labor, newborn care, postpartum care, and family planning. The care was conducted from March 11th, 2026 to April 30th, 2026 at TPMB "NL" using Varney's 7-step midwifery management and SOAP documentation. During pregnancy, the mother experienced frequent urination. At the first visit, the mother was given health education regarding the management of third trimester discomfort and was encouraged to perform Kegel exercises regularly. At the following visits, the complaint gradually decreased, indicating that the education and Kegel exercises were effectively applied. The pregnancy progressed physiologically until 41 weeks and 2 days of gestation. Labor occurred spontaneously in cephalic presentation with the first stage lasting approximately 6 hours, the second stage 25 minutes, the third stage 15 minutes, and the fourth stage 2 hours. The baby was born spontaneously, cried strongly, moved actively, and was in vigorous baby condition. During the postpartum and neonatal period, both mother and baby were in normal condition, uterine involution progressed well, lochia was normal, and breast milk production was adequate. In conclusion, comprehensive midwifery care using the Continuity of Care (COC) approach can help monitor the condition of mother and baby optimally, detect complications early, and improve maternal and neonatal health from pregnancy until the postpartum and neonatal period.

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