

ABSTRAK

Asuhan kebidanan komprehensif merupakan pelayanan berkesinambungan mulai dari kehamilan, persalinan, nifas, bayi baru lahir, hingga keluarga berencana (KB). Rendahnya cakupan KB pasca persalinan di TPMB “NM” tahun 2025 menunjukkan perlunya peningkatan pelayanan melalui *Continuity of Care* (CoC) dan konseling berkesinambungan. Metode: studi kasus dengan pendekatan CoC. Teknik pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi dengan menggunakan manajemen asuhan kebidanan meliputi pengkajian, diagnosis, perencanaan, pelaksanaan, dan evaluasi. Hasil asuhan menunjukkan bahwa kondisi ibu dan janin selama kehamilan trimester III dalam batas normal. Persalinan berlangsung normal tanpa komplikasi dan bayi lahir dalam keadaan sehat. Masa nifas hingga hari ke-14 berjalan fisiologis dengan involusi uterus baik, tidak ditemukan tanda infeksi maupun perdarahan abnormal, serta ibu mampu menyusui bayinya secara eksklusif. Konseling KB pasca persalinan yang diberikan menggunakan media Alat Bantu Pengambilan Keputusan (ABPK) mampu membantu ibu dalam memutuskan metode kontrasepsi yang sesuai dengan kondisi dan kebutuhannya. Penerapan asuhan kebidanan komprehensif dengan pendekatan CoC efektif dalam meningkatkan kualitas pelayanan kesehatan ibu dan bayi serta mendukung keberhasilan program KB pasca persalinan.

Kata Kunci: Asuhan Komprehensif, KB Pasca Persalinan, Studi Kasus.



ABSTRACT

Comprehensive midwifery care is a continuous service encompassing pregnancy, childbirth, postpartum, newborn care, and family planning (FP). The low coverage of postpartum family planning at TPMB "NM" in 2025 highlights the need for improved services through Continuity of Care (CoC) and ongoing counseling. Method: a case study using a CoC approach. Data were collected through interviews, observation, physical examination, and documentation, employing midwifery care management comprising assessment, diagnosis, planning, implementation, and evaluation. Results indicate that the mother's and fetus's conditions during the third trimester of pregnancy were within normal limits. Labor proceeded normally without complications, and the baby was born in good health. The postpartum period through day 14 followed a physiological course, with good uterine involution, no signs of infection or abnormal bleeding, and the mother was able to exclusively breastfeed her baby. Postpartum family planning counseling delivered using the Decision-Making Aid Tool (ABPK) effectively assisted the mother in selecting a contraceptive method suited to her condition and needs. The application of comprehensive midwifery care with a CoC approach proved effective in improving the quality of maternal and infant health services and supporting the success of the postpartum family planning program.

Keywords: *Comprehensive Care, Postpartum Family Planning, case study.*

