

ABSTRAK

Perubahan fisiologis pada kehamilan trimester III merupakan proses normal yang mempersiapkan ibu menghadapi persalinan dan peran sebagai orang tua. Pada kehamilan pertama (primigravida), ibu membutuhkan dukungan psikologis dan edukasi yang lebih intensif karena belum memiliki pengalaman sebelumnya. Oleh karena itu, asuhan secara *Continuity of Care* (COC) penting diberikan dari kehamilan hingga masa neonatus. Penelitian ini bertujuan menggambarkan asuhan kebidanan komprehensif pada perempuan <LD= G1P0A0 usia kehamilan 35 minggu 6 hari hingga nifas dan neonatus 20 hari di TPMB <SS= wilayah kerja Puskesmas Buleleng I pada tanggal 28 Februari hingga 11 April 2026, dengan metode studi kasus melalui wawancara, observasi, pemeriksaan fisik, dan pendokumentasian. Hasil menunjukkan ibu melakukan kunjungan ANC secara teratur sebanyak 3 kali tanpa keluhan bermakna selama kehamilan. Asuhan kehamilan difokuskan pada pemberian dukungan psikologis serta edukasi peran orang tua baru, seperti persiapan persalinan, perawatan bayi, dan kesiapan mental menjadi ibu. Persalinan kala II berlangsung selama 1 jam 30 menit, sehingga dilakukan tindakan episiotomi untuk membantu proses kelahiran. Persalinan berlangsung spontan dengan indikasi dilakukan manuver Kristeller karena jalan lahir sempit dan kekuatan his (*power*) ibu kurang adekuat. Pasca persalinan dilakukan penjahitan laserasi perineum derajat II, tanpa komplikasi maternal maupun neonatal. Bayi baru lahir dalam kondisi normal dengan tangisan kuat, gerak aktif, berat badan lahir 2800 gram, dan masa nifas serta neonatus berlangsung fisiologis. Pada masa nifas, pemulihan ibu berjalan fisiologis dan ibu memilih menggunakan kontrasepsi implan. Pada kunjungan neonatus ditemukan ikterus fisiologis ringan dan telah dilakukan skrining hipotiroid kongenital (SHK). Secara keseluruhan, masa nifas dan neonatus berlangsung normal dengan pertumbuhan dan perkembangan yang baik, sehingga asuhan COC mampu mempertahankan kondisi ibu dan bayi tetap normal serta meningkatkan kesiapan ibu dalam menjalani peran sebagai orang tua.

Kata Kunci: *Continuity of Care*, Primigravida, Dukungan Psikologis, Peran Orang Tua Baru, Asuhan Berbasis Keluarga.

ABSTRACT

Physiological changes during the third trimester of pregnancy are normal processes that prepare the mother for childbirth and the transition into the role of parenthood. In a first pregnancy (primigravida), mothers require greater psychological support and education due to the lack of previous experience. Therefore, Continuity of Care (COC) midwifery care is essential to provide continuous support from pregnancy through the neonatal period. This study aimed to describe comprehensive midwifery care for <LD=, a G1P0A0 woman at 35 weeks and 6 days of gestation until the postpartum period and the 20-day-old neonate at TPMB <SS=, within the working area of Buleleng I Primary Health Center, conducted from February 28 to April 11, 2026. This case study used data collection methods including interviews, observation, physical examinations, and documentation. The results showed that the mother attended regular antenatal care visits three times without significant complaints during pregnancy. Pregnancy care focused on providing psychological support and education regarding preparation for childbirth, newborn care, and mental readiness for becoming a mother. The second stage of labor lasted 1 hour and 30 minutes; therefore, an episiotomy was performed to assist the delivery process. The delivery occurred spontaneously, with Kristeller maneuver performed due to a narrow birth canal and inadequate maternal expulsive power. After delivery, a second-degree perineal laceration was repaired without maternal or neonatal complications. The newborn was in normal condition with a strong cry, active movement, and a birth weight of 2800 grams. The postpartum and neonatal periods proceeded physiologically. During the postpartum period, maternal recovery was normal, and the mother chose an implant contraceptive method. During neonatal visits, mild physiological jaundice was identified, and congenital hypothyroidism screening (CHS) was performed. Overall, the postpartum and neonatal periods progressed normally with good growth and development. Continuity of Care (COC) midwifery care was effective in maintaining maternal and newborn health and improving the mother's readiness to undertake the role of parenthood.

Keywords: *Continuity of Care, Primigravida, Psychological Support, New Parental Role, Family-Centered Care*