

ABSTRAK

Ibu hamil trimester III rentan mengalami ketidaknyamanan fisik, perubahan fisiologis, serta risiko komplikasi menjelang persalinan yang memerlukan pemantauan secara berkesinambungan. Selain itu, ibu hamil memerlukan persiapan fisik dan pengetahuan yang baik terkait persalinan, masa nifas, serta pemberian ASI eksklusif untuk mendukung kesehatan ibu dan bayi. Oleh karena itu, diperlukan asuhan kebidanan komprehensif melalui pendekatan *Continuity of Care* (CoC) mulai dari masa kehamilan, persalinan, bayi baru lahir, hingga masa nifas. Tujuan studi kasus ini adalah memberikan asuhan kebidanan komprehensif pada Perempuan “NL” di TPMB “NP” Wilayah Kerja Puskesmas Sawan I Kabupaten Buleleng Tahun 2026. Metode penelitian yang digunakan adalah deskriptif dengan pendekatan studi kasus. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi sejak usia kehamilan 36 minggu 5 hari hingga masa nifas 14 hari. Analisis data dilakukan secara deskriptif berdasarkan hasil asuhan kebidanan yang diberikan kepada ibu. Hasil penelitian menunjukkan bahwa selama masa kehamilan kondisi ibu dan janin dalam keadaan baik serta tidak ditemukan komplikasi. Asuhan yang diberikan meliputi pemantauan kondisi ibu dan janin, senam hamil, konseling persiapan persalinan, edukasi mengenai ASI eksklusif dan tanda bahaya selama kehamilan. Persalinan berlangsung spontan belakang kepala tanpa komplikasi. Bayi lahir cukup bulan, menangis kuat, gerak aktif, dan tidak ditemukan tanda asfiksia maupun kelainan. Pada masa nifas, involusi uterus berjalan normal, lochea sesuai tahapan, produksi ASI lancar, dan ibu mampu melakukan perawatan diri serta bayinya dengan baik. penelitian ini menunjukkan bahwa penerapan asuhan kebidanan komprehensif secara berkesinambungan mampu mendukung kesiapan ibu menghadapi persalinan, meningkatkan pemahaman tentang ASI eksklusif, mempercepat pemulihan masa nifas, serta menjaga kesehatan ibu dan bayi baru lahir.

Kata Kunci: Kehamilan, *Continuity of Care*, Senam Hamil, ASI Eksklusif.

ABSTRACT

Third-trimester pregnant women are vulnerable to physical discomfort, physiological changes, and the risk of complications before childbirth that require continuous monitoring. In addition, pregnant women need physical preparation and adequate knowledge regarding childbirth, postpartum care, and exclusive breastfeeding to support maternal and infant health. Therefore, comprehensive midwifery care through the Continuity of Care (CoC) approach is needed, starting from pregnancy, childbirth, newborn care, until the postpartum period. The purpose of this case study was to provide comprehensive midwifery care for Woman "NL" at TPMB "NP" in the working area of Puskesmas Sawan I, Buleleng Regency, in 2026. This study used a descriptive design with a case study approach. Data were collected through interviews, observation, physical examinations, and documentation from 36 weeks and 5 days of gestation until 14 days postpartum. Data analysis was carried out descriptively based on the results of the midwifery care provided to the mother. The results showed that during pregnancy the condition of both the mother and fetus was good, with no complications identified. The care provided included monitoring maternal and fetal conditions, pregnancy exercise, childbirth preparation counseling, education regarding exclusive breastfeeding, and education on pregnancy danger signs. Labor occurred spontaneously with cephalic presentation and without complications. The baby was born at term, cried strongly, was active, and showed no signs of asphyxia or abnormalities. During the postpartum period, uterine involution progressed normally, lochia was appropriate for the postpartum stage, breast milk production was smooth, and the mother was able to care for herself and her baby properly. This study indicates that the implementation of comprehensive and continuous midwifery care can support maternal readiness for childbirth, improve understanding of exclusive breastfeeding, accelerate postpartum recovery, and maintain the health of both mother and newborn.

Keywords: *Pregnancy, Continuity of Care, Pregnancy Exercise, Exclusive Breastfeeding.*