

ABSTRAK

Latar belakang: Kehamilan trimester III merupakan fase akhir kehamilan yang ditandai dengan berbagai perubahan fisiologis pada ibu akibat pertumbuhan janin yang semakin pesat. Pada periode ini ibu hamil sering mengalami ketidaknyamanan seperti nyeri punggung, peningkatan frekuensi buang air kecil, serta gangguan tidur. Untuk mendukung kesehatan ibu dan janin diperlukan asuhan kebidanan komprehensif dan berkesinambungan melalui pendekatan *Continuity of Care* (COC) sejak masa kehamilan, persalinan, nifas hingga bayi baru lahir. Tujuan Penelitian: Mampu melakukan asuhan kebidanan komprehensif pada Perempuan “MD” di TPMB “NY” wilayah kerja Puskesmas Banjar I Tahun 2026. Metode penelitian: Penelitian ini menggunakan metode studi kasus deskriptif dengan pemberian asuhan kebidanan komprehensif pada perempuan “MD” di TPMB “NY” wilayah kerja Puskesmas Banjar I Kabupaten Buleleng Tahun 2026. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Asuhan diberikan secara berkelanjutan mulai dari kehamilan trimester III, persalinan, nifas, hingga bayi baru lahir hingga 2 minggu pertama dengan menggunakan manajemen kebidanan dan pendokumentasian SOAP. Hasil: Hasil asuhan menunjukkan bahwa perempuan “MD” selama kehamilan trimester III dalam kondisi fisiologis dan tidak memiliki keluhan. Persalinan berlangsung normal tanpa komplikasi, masa nifas berjalan fisiologis, dan bayi baru lahir dalam kondisi sehat. Penerapan asuhan *Continuity of Care* (COC) dapat dilakukan secara berkesinambungan sehingga kondisi ibu dan bayi tetap terpantau dengan baik. Kesimpulan: Asuhan kebidanan komprehensif dengan pendekatan *Continuity of Care* (COC) dapat dilaksanakan secara berkesinambungan mulai dari kehamilan trimester III hingga bayi baru lahir serta membantu menjaga kondisi ibu dan bayi tetap fisiologis.

Kata kunci: Kehamilan Trimester III, COC

ABSTRACT

Background: Pregnancy in the third trimester is the final phase of pregnancy which is characterized by various physiological changes in the mother due to the rapid growth of the fetus. During this period, pregnant women often experience discomfort such as back pain, increased frequency of urination, and sleep disturbances. To support maternal and fetal health, comprehensive and sustainable obstetric care is needed through an approach Continuity of Care (COC) from pregnancy, childbirth, postpartum to newborn. Research Objective: Able to carry out comprehensive obstetric care for "MD" women in TPMB "NY" working area of Banjar I Health Center in 2026. Research method: This study uses a descriptive case study method by providing comprehensive obstetric care to "MD" women in TPMB "NY" working area of the Banjar I Health Center, Buleleng Regency in 2026. Data collection was carried out through interviews, observations, physical examinations, and documentation studies. Care is provided continuously starting from the third trimester of pregnancy, childbirth, postpartum to newborn to the first 2 weeks using obstetric management and SOAP documentation. Results: The results of the care showed that the "MD" woman during the third trimester of pregnancy was in a physiological condition and had no complaints. Childbirth took place normally without complications, the postpartum period was physiological, and the newborn was in good health. Adoption of care Continuity of Care (COC) can be carried out continuously so that the condition of the mother and baby is monitored properly. Conclusion: Comprehensive midwifery care with an approach Continuity of Care (COC) can be carried out continuously from the third trimester of pregnancy to the newborn and helps maintain the condition of the mother and baby physiologically.

Keywords: Trimester III Pregnancy, COC

