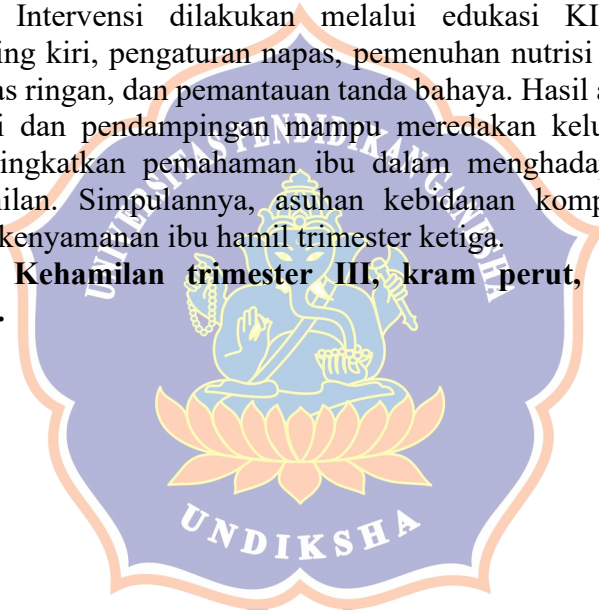


ABSTRAK

Kehamilan trimester ketiga menandai tahap akhir gestasi yang disertai berbagai perubahan fisiologis dan anatomis pada tubuh ibu. Perubahan tersebut dapat menimbulkan ketidaknyamanan, salah satunya kram abdomen akibat peregangan otot dan ligamen rahim, perubahan hormonal, serta meningkatnya tekanan uterus terhadap organ di sekitarnya. Walaupun bersifat fisiologis, keluhan yang tidak ditangani dengan baik dapat menghambat aktivitas dan meningkatkan kecemasan ibu hamil. Berdasarkan data register di TPMB “DK” Wilayah Kerja Puskesmas Buleleng I tahun 2025, terdapat 5 dari 36 ibu hamil trimester ketiga yang mengalami kram abdomen. Kajian ini bertujuan memberikan Asuhan Kebidanan Komprehensif pada Perempuan “KA” di TPMB “DK” Tahun 2026. Metode yang digunakan ialah studi kasus dengan pendekatan manajemen kebidanan melalui penghimpunan data subjektif dan objektif, interpretasi data, serta penatalaksanaan berkelanjutan. Intervensi dilakukan melalui edukasi KIE MANTAP yang mencakup miring kiri, pengaturan napas, pemenuhan nutrisi dan cairan, kompres hangat, aktivitas ringan, dan pemantauan tanda bahaya. Hasil asuhan menunjukkan bahwa edukasi dan pendampingan mampu meredakan keluhan kram abdomen sekaligus meningkatkan pemahaman ibu dalam menghadapi ketidaknyamanan selama kehamilan. Simpulannya, asuhan kebidanan komprehensif membantu meningkatkan kenyamanan ibu hamil trimester ketiga.

Kata Kunci: Kehamilan trimester III, kram perut, asuhan kebidanan komprehensif.



ABSTRACT

The third trimester constitutes the concluding phase of gestation and is characterized by various physiological and anatomical changes in the mother's body. Such adaptations can produce discomfort, including abdominal spasms caused by stretching of the uterine muscles and ligaments, hormonal changes, and increased pressure of the uterus on surrounding organs. Even though the condition remains physiological, symptoms that receive inadequate management may interfere with daily activities and increase anxiety in pregnant women. Based on register data at TPMB "DK" in the working area of Puskesmas Buleleng I in 2025, 5 out of 36 women in late gestation experienced abdominal spasms. The purpose of this case report was to deliver integrated maternal care for Mrs. "KA" at TPMB "DK" in 2026. A case-report design was applied through subjective and objective information gathering, information interpretation, and ongoing clinical management. Management was implemented by means of KIE MANTAP education including left-side positioning, breathing regulation, adequate nutrition and fluid intake, warm compress application, light physical activity, and monitoring danger signs. The findings indicated that the education and assistance provided were able to reduce abdominal cramp complaints and improve the mother's understanding in dealing with discomfort during pregnancy. Overall, integrated maternal care may improve the comfort of women in late gestation.

Keywords: *Third trimester pregnancy, abdominal cramps, comprehensive midwifery care.*

