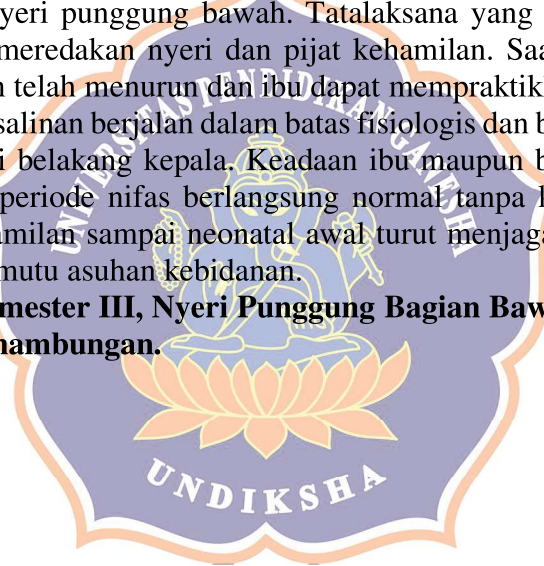


ABSTRAK

Keluhan nyeri pada punggung bagian bawah kerap muncul pada kehamilan trimester ketiga sebagai dampak penyesuaian postur dan bertambahnya ukuran uterus. Tanpa tatalaksana yang sesuai, rasa nyeri dapat membatasi kegiatan sehari-hari serta menurunkan kenyamanan ibu menjelang kelahiran dan selama periode nifas. Catatan PMB “NS” dalam tiga bulan terakhir memperlihatkan bahwa 9 dari 32 ibu trimester III mengeluhkan kondisi tersebut. Studi berbasis kasus ini diarahkan untuk melaksanakan pelayanan kebidanan menyeluruh bagi Perempuan “LA” di TPMB “NS”, wilayah kerja Puskesmas Sawan I, Kabupaten Buleleng, tahun 2026. Rancangan yang dipakai adalah deskriptif dengan pendekatan studi kasus. Pendampingan terhadap Ny. “LA” berlangsung pada 9 Februari–19 April 2026 dan dimulai ketika usia gestasi mencapai 38 minggu. Pelayanan diberikan terus-menerus sejak penghujung kehamilan, proses persalinan, perawatan neonatus, sampai dua minggu postpartum. Informasi diperoleh melalui tanya jawab, pengamatan, pemeriksaan fisik, dan telaah dokumentasi. Pada pertemuan awal, ibu menyampaikan nyeri punggung bawah. Tatalaksana yang diberikan berupa KIE tentang langkah meredakan nyeri dan pijat kehamilan. Saat kunjungan lanjutan, intensitas keluhan telah menurun dan ibu dapat mempraktikkan rekomendasi yang disampaikan. Persalinan berjalan dalam batas fisiologis dan bayi dilahirkan spontan dengan presentasi belakang kepala. Keadaan ibu maupun bayi sesudah kelahiran baik, sedangkan periode nifas berlangsung normal tanpa komplikasi. Pelayanan kontinu dari kehamilan sampai neonatal awal turut menjaga kondisi ibu dan bayi serta menunjang mutu asuhan kebidanan.

Kata Kunci: Trimester III, Nyeri Punggung Bagian Bawah, Pijat Kehamilan, Asuhan Berkesinambungan.



ABSTRACT

Lower back discomfort frequently occurs during the third trimester as maternal posture adjusts to an enlarging uterus. Without appropriate management, it may restrict daily activities and diminish comfort before birth and throughout the postpartum phase. Records from the “NS” Independent Midwifery Practice for the preceding three months showed that 9 of 32 third-trimester clients reported this complaint. This descriptive case study was conducted to deliver integrated midwifery services to Mrs. “LA” at the “NS” Independent Midwifery Practice, within the Sawan I Community Health Center service area, Buleleng Regency, in 2026. Care was provided from February 9 to April 19, 2026, beginning at 38 weeks of gestation. Follow-up covered late pregnancy, childbirth, neonatal care, and the first two postpartum weeks. Information was obtained through interviews, observation, physical assessment, and review of records. At the initial visit, Mrs. “LA” reported lower back pain. She received health education on relief measures and a pregnancy massage. At the next visit, the discomfort had lessened and she was able to follow the recommendations. Labor and birth remained physiological; the infant was delivered spontaneously in a vertex presentation. Maternal and neonatal conditions were good after delivery, and the postpartum course was uncomplicated. Continuous support from late pregnancy through the early neonatal period contributed to maintaining maternal and infant health and to the quality of midwifery care.

Keywords: Third Trimester, Lower Back Pain, Pregnancy Massage, Continuous Of Care

