

ABTRAK

Kehamilan trimester III merupakan periode yang memerlukan perhatian komprehensif karena berbagai perubahan fisiologis dan psikologis yang dialami ibu. Salah satu keluhan yang paling sering ditemukan adalah nyeri punggung bawah, yang dipengaruhi oleh peningkatan hormon relaksin, perubahan postur tubuh, serta penambahan berat badan selama kehamilan. Data TPMB "SW" menunjukkan bahwa dari 30 ibu hamil trimester III yang berkunjung dalam periode Oktober 2025–Maret 2026, sebanyak 20 ibu (66,6%) mengalami keluhan nyeri punggung. Tujuan penelitian ini adalah memberikan asuhan kebidanan komprehensif berbasis *Continuity of Care* (COC) kepada perempuan "MS" yang meliputi masa kehamilan, persalinan, nifas, bayi baru lahir, dan neonatus. Jenis penelitian ini adalah studi kasus deskriptif dengan pengumpulan data melalui wawancara, observasi, serta data primer dan sekunder dari Buku KIA. Hasil asuhan menunjukkan bahwa pada masa kehamilan usia 37 minggu 4 hari, keluhan nyeri punggung bawah yang dialami Pr "MS" berhasil berkurang setelah diberikan edukasi (KIE) dan teknik pijat punggung bawah. Proses persalinan berjalan fisiologis, masa nifas berlangsung normal tanpa keluhan berarti, dan bayi lahir dalam kondisi vigorous dengan tanda vital dan antropometri dalam batas normal. Pemantauan neonatus pada KN 1, KN 2, dan KN 3 menunjukkan perkembangan bayi yang baik tanpa tanda bahaya. Asuhan kebidanan komprehensif dengan pendekatan COC terbukti mampu memantau kondisi ibu dan bayi secara berkesinambungan serta meminimalkan risiko kesakitan.

Kata kunci: Asuhan kebidanan komprehensif, nyeri punggung kehamilan trimester III, *continuity of care*, nifas, neonatus.

ABSTRACT

The third trimester of pregnancy is a period requiring comprehensive attention due to the various physiological and psychological changes experienced by mothers. One of the most frequently reported complaints is lower back pain, influenced by elevated relaxin hormone levels, postural changes, and weight gain during pregnancy. Data from TPMB "SW" revealed that out of 30 third-trimester pregnant women who visited between October 2025 and March 2026, 20 women (66.6%) reported back pain complaints. The aim of this study was to provide comprehensive midwifery care based on the Continuity of Care (COC) approach to woman "MS," encompassing pregnancy, labor, postpartum, newborn, and neonatal periods. This study employed a descriptive case study design, with data collected through interviews, observation, and both primary and secondary data from the Maternal and Child Health (MCH) handbook. The results indicated that during the 37-week 4-day gestation visit, the lower back pain experienced by Ms. "MS" was effectively reduced following midwifery education (KIE) and guidance on back massage techniques. Labor progressed physiologically, the postpartum period was uneventful, and the baby was born vigorous with vital signs and anthropometric measurements within normal ranges. Neonatal follow-up visits at KN 1, KN 2, and KN 3 demonstrated good infant development with no warning signs. Comprehensive midwifery care through the COC approach proved effective in continuously monitoring the condition of both mother and infant while minimizing health risks.

Keywords: Comprehensive midwifery care, back pain in third trimester pregnancy, continuity of care, postpartum, neonate.