

ABSTRAK

Perubahan fisiologis pada ibu hamil trimester III dapat menimbulkan berbagai ketidaknyamanan, salah satunya konstipasi. Konstipasi yang tidak dapat penanganan baik akan mengarah ke komplikasi hemoroid, pada proses persalinan akan menyebabkan kala II lama. Proses kala II lama dapat menimbulkan gawat janin yang meningkatkan kejadian asfiksia dan berakhir kematian neonatal, serta berdampak hingga masa nifas yaitu konstipasi *post partum*. Ibu hamil trimester III dengan ketidaknyamanan konstipasi perlu dilakukan asuhan secara terus menerus dan berkelanjutan (*Continuity of Care* (CoC)) di masa pandemi *Covid-19* ini dengan modifikasi pelayanan asuhan kebidanan. Metode yang digunakan dalam studi kasus ini adalah jenis deskriptif dengan pendekatan studi kasus asuhan kebidanan pada Ny.“SJ”. Hasil asuhan kebidanan secara komprehensif pada Ny.“SJ” dikaji bahwa ibu mengalami konstipasi fungsional dan sudah dapat diatasi dengan memberikan KIE penyebab dan cara mengatasi konstipasi pada ibu hamil trimester III. Kunjungan kehamilan kedua, Ny. “SJ” sudah tidak mengeluh susah BAB. Proses persalinan perempuan “SJ” secara spontan dan terdapat laserasi perineum grade II, bayi lahir spontan belakang kepala, dilakukan IMD selama 5 menit. Masa Nifas Ny. “SJ” dengan nifas normal, serta neonatus dengan neonatus normal. Kesimpulan dari asuhan kebidanan komprehensif pada Ny. “SJ” yaitu terdapat kesenjangan antara teori dengan aktualisasi di lapangan saat pelaksanaan asuhan IMD.

Kata Kunci : Konstipasi, Continuity of Care , IMD



ABSTRACT

Physiological changes in pregnant women in the third trimester can cause a variety of discomforts, one of which is constipation. Constipation that can not be handled properly will lead to hemorrhoid complications, in the process of childbirth will lead to a long second period duration process. The long second period duration process can cause fetal distress that increases the incidence of asphyxia and ends in neonatal death, and has an impact until the puerperium, namely postpartum constipation. Pregnant women in the third trimester with constipation discomfort need to be given continuous and sustainable care (CoC) during this Covid-19 pandemic with the modification of midwifery care services. The method used in this case study is a descriptive type with a case study approach to midwifery care on Mrs. "SJ". The results of comprehensive midwifery care on Mrs. "SJ" were studied that the mother experienced functional constipation and can already be overcome by providing communication, information, and education the causes and ways to overcome constipation in third-trimester pregnant women. Second antenatal care, Mrs. "SJ" is no longer complaining about having difficulty defecating. The process of giving birth to a woman "SJ" spontaneously and there is laceration perineum grade II, the baby was born spontaneously behind the head, an Early Initiation of Breastfeeding (IMD) was done for 5 minutes. Mrs. "SJ" with normal puerperium, and neonates with normal neonates. The conclusion of comprehensive midwifery care for Mrs. "SJ" can be concluded that there is a gap between the theory and the actualization during the implementation of early initiation of breastfeeding (IMD).

Keywords : Constipation, Continuity of Care , Early Initiation of Breastfeeding