

## **ABSTRAK**

Perubahan Fisiologis pada Trimester III Kehamilan, dapat menimbulkan beberapa ketidaknyamanan, salah satunya yaitu Nyeri punggung bagian bawah. Berdasarkan data register di Puskesmas Seririt III yang didapat dari data register Puskesmas Pembantu Desa Mayong dalam 1 bulan dari 17 orang ibu hamil Trimester III yang melakukan pemeriksaan ANC. Diantaranya ibu hamil trimester III 10 orang ibu hamil, dari hasil wawancara dengan 10 orang ibu hamil Trimester III yang berkunjung ke Puskesmas Pembantu Desa Mayong sebanyak 1 orang yang mengatakan sering merasa lelah, 2 orang ibu hamil mengatakan konstipasi, 2 orang ibu hamil sering merasa sesak, dan 2 orang ibu hamil yang mengatakan sering kencing, sedangkan sisanya 3 orang ibu hamil mengatakan nyeri punggung. Pada ibu hamil yang mengalami nyeri punggung perlu dilakukan asuhan yang berkesinambungan Continuity Of Care (COC). Jenis penelitian yang digunakan yaitu jenis deskriptif dengan metode studi kasus, Penelitian ini bertempat di Banjar Dinas Mayong, Desa Mayong. Lokasi Puskesmas Pembantu Desa Mayong Wilayah Kerja Puskesmas Seririt III, dengan subyek penelitian yaitu Ibu hamil dengan UK 36 minggu dan diberikan asuhan secara komprehensif dari bulan April hingga Juni 2021. Pada masa pandemi ini tentunya penulis tetap mematuhi protokol kesehatan saat memberikan asuhan guna mencegah terjadinya penularan dan penyebaran virus Covid-19. Setelah diberikan asuhan pada Perempuan “KW” didapatkan hasil bahwa masalah nyeri punggung sudah teratasi dengan diberikan KIE cara mengatasi nyeri punggung. Asuhan berlanjut yaitu persalinan sudah dilewati dengan lancar, bayi lahir pukul 20.25 lahir spontan belakang kepala dengan berat badan 3500 gram, jenis kelamin laki-laki, pemeriksaan fisik dalam batas normal. Asuhan berlanjut sampai dengan Nifas, ibu dan bayi sehat. Pendokumentasi asuhan dilakukan dengan metode SOAP, setelah dilakukan asuhan secara berkesinambungan maka dapat disimpulkan bahwa tidak ada kesenjangan antara teori dengan asuhan yang diberikan.

Kata Kunci : Kehamilan, Nyeri punggung, Continuity Of Care (COC).

## **ABSTRACT**

Physiological changes in the third trimester of pregnancy can cause some discomfort, one of which is lower back pain. Based on the register data at the Seririt III Public Health Center which was obtained from the register data of the Mayong Village Assistance Health Center in 1 month from 17 third trimester pregnant women who did the antenatal care examination. Among them were 10 pregnant women in the third trimester, 10 pregnant women, from the results of interviews with 10 third trimester pregnant women who visited the Mayong Village Assistance Health Center as many as 1 person who said they often felt tired, 2 pregnant women said they were constipated, 2 pregnant women often felt short of breath, and 2 pregnant women who said they often urinated, while the remaining 3 pregnant women said they had back pain. Pregnant women who experience back pain need continuous care of Continuity Of Care (COC). The type of research used is descriptive type with case study method. This research takes place in Banjar Dinas Mayong, Mayong Village. The location of the Mayong Village Assistance Health Center Working Area of the Seririt III Health Center, with the research subject being pregnant women at 36 weeks gestation and being given comprehensive care from April to June 2021. During this pandemic, of course, the author still adheres to health protocols when providing care to prevent transmission and the spread of the Covid-19 virus. After being given care to "KW" women, it was found that the problem of back pain had been resolved by being given KIE how to deal with back pain. The care continues, namely the delivery has passed smoothly, the baby was born at 20.25 spontaneously born behind the head with a weight of 3500 grams, male gender, physical examination within normal limits. The care continues until after childbirth, the mother and baby are healthy. Documentation of care is carried out using the SOAP method, after continuous care it can be concluded that there is no gap between theory and the care provided.

Keywords: Pregnancy, back pain, Continuity Of Care (COC).