

ABSTRAK

Selama masa kehamilan akan mengalami ketidakseimbangan hormon estrogen dan progesteron yang menyebabkan perubahan fisik dan psikologis. Perubahan tersebut menimbulkan ketidaknyamanan terutama Trimester III, salah satunya edema dependen. Bila tidak ditangani akan mengalami kram atau nyeri kaki, terasa berat pada tungkai sehingga mengganggu aktivitas sehari-hari, menghambat suplai nutrisi ke janin yang menyebabkan pertumbuhan janin terhambat. Ibu hamil dengan ketidaknyamanan edema dependen perlu diberikan asuhan kebidanan secara berkesinambungan (*Continuity Of Care*). Jenis penelitian yang digunakan yaitu deskriptif melalui pendekatan studi kasus dengan melakukan asuhan komprehensif pada perempuan “KS” dimulai dari umur kehamilan 37 minggu sampai nifas 2 minggu. Hasil setelah diberikan asuhan komprehensif pada Perempuan “KS” yaitu ibu mengalami bengkak kaki, dan sudah teratasi dengan memberikan KIE cara mengatasi bengkak kaki. Pada kunjungan kedua bengkak pada kaki sudah berkurang, sehingga selama kehamilan dalam keadaan normal. Proses persalinan berjalan lancar tanpa penyulit, pada masa nifas berjalan lancar tanpa penyulit dan masa bayi baru lahir sampai neonatus dalam keadaan sehat. Selama pemberian asuhan, ditemukan beberapa kesenjangan antara praktik dan teori yaitu selama kehamilan melakukan pemeriksaan USG 1 kali, saat menolong persalinan tidak dilakukan sangga susur, segera setelah lahir dilakukan penghisapan menggunakan Dee Lee, tidak memfasilitasi IMD, serta tidak dilakukan pengkajian pada beberapa data subjektif.

Kata Kunci : Edema Dependen, *Continuity Of Care*, Dee Lee.

ABSTRACT

During pregnancy, there will be an imbalance of estrogen and progesterone hormones which caused physical and psychological changes. The changes caused discomfort for pregnant women, especially in the third trimester. One of them is edema dependent; as a result, if not treated in a good way, the pregnant woman will get experiences such as cramps or legs pain, which can make their daily activities harder, hampering the supply of nutrients to the fetus, which caused stunted fetal growth. Pregnant women with dependent edema discomfort should be given continuous midwifery care. This descriptive study used a case study approach by conducting comprehensive care for "KS" started from 37 weeks of gestation until 2 weeks of postpartum. Here is the result of a woman named "KS" after a comprehensive observation, "KS" had a swollen feet and it is taken care by giving KIE practice. During the second visit, the swollen feet had subside and throughout the pregnancy, the feet has subside and throughout the pregnancy, the feet are in normal condition. The delivery process has gone smoothly without any stitches given and the baby is born in a healthy condition. Throughout the observation, there are some discrepancies found between practical and theory they are during pregnancy, an ultrasound examination was performed once, however, in assisting the delivery, braces were not used, immediately after the baby was born, mucus was sucked using Dee Lee, did not facilitate IMD, and have not conducted studies on some subjective data.

Keywords : Third Trimester of Pregnancy, edema dependent, Continuity Of Care

