

ABSTRAK

Asuhan Kebidanan Komperhensif Pada Perempuan “KM” DI PMB “NP” Wilayah Kerja Puskesmas Kubutambahan II Tahun 2021

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Pada trimester III biasanya ibu hamil mengalami kecemasan akan proses persalinan karena kurangnya pengetahuan ibu terhadap proses kehamilan, persalinan, nifas, serta neonatus, belum pernah memiliki pengalaman menghadapi proses persalinan, kemampuan dan kesiapan keluarga, kondisi sosial ekonomi yang sangat berpengaruh terhadap kondisi psikologis ibu hamil, jarak anak yang terlalu jauh. Kecemasan pada ibu hamil trimester III tetap memberikan perhatian khusus dengan memberikan asuhan secara berkesinambungan (*Continuity of care*) apabila hal tersebut tidak segera di tangani dapat berpengaruh pada kesejahteraan Ibu hamil maupun janin yang ada didalam kandungan. Jenis penelitian yang digunakan adalah deskriptif dengan pendekatan studi kasus dengan subyek penelitian yaitu perempuan “KM” UK 37 minggu. Teknik pengumpulan data dengan metode wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Setelah diberikan asuhan secara berkesinambungan keluhan kecemasan menghadapi proses persalinan yang dialami perempuan “KM” sudah dapat diatasi dengan diberikan KIE cara mengatasi kecemasan dengan cara memberikan dukungan emosional, melibatkan peran pendamping, ikut senam hamil/ yoga dan pada asuhan persalinan dan proses masa nifas berjalan lancar, ibu dan bayi dalam keadaan sehat. Kesimpulan dari asuhan tidak di temukan kesenjangan antara teori dengan asuhan yang di berikan.

Kata kunci: Kecemasan, Trimester III, *Continuity of care*

ABSTRACT

*Comprehensive Midwifery Care for “KM” Women IN PMB “NP”
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In the third trimester, pregnant women usually experience anxiety about the delivery process due to lack of knowledge of the mother about the process of pregnancy, childbirth, postpartum, and neonates. Never had experience dealing with childbirth, family ability and readiness, socioeconomic conditions that really affect the psychological condition of pregnant women, children who are too far apart. Anxiety in trimester pregnant women still gives special attention by providing continuous care (*Continuity of care*) If this is not handled immediately, it can affect the welfare of pregnant women and the fetus in the womb, because high levels of anxiety can lead to stress and exacerbate complications that occur and increase MMR and IMR. The type of research used is descriptive with a case study approach with research subjects namely "KM" UK 37 weeks Data collection techniques in this case study were conducted by interview, observation, physical examination, and documentation studies. After being given continuous care, complaints of anxiety facing the labor process experienced by women "KM" can be overcome by being given IEC is a way to overcome anxiety by providing emotional support, involving the role of a companion, participating in pregnancy exercise/yoga and the postpartum process runs smoothly for both mother and baby in good health. The conclusion of the upbringing did not find a gap between the theory and the care provided.

Keywords : continuity of midwifery care, pregnancy, delivery of newborns and two weeks postpartum

