

RINGKASAN
ASUHAN KEBIDANAN *CONTINUITY OF CARE*
PADA NY “D” USIA 26 TAHUN
DI RUMAH SAKIT SIDO WARAS MOJOKERTO

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Asuhan kebidanan yang komprehensif diperlukan untuk memantau kesejahteraan ibu dan janin serta mencegah terjadinya komplikasi selama masa kehamilan, persalinan hingga nifas. Metode asuhan menggunakan data primer dan data sekunder melalui pendokumentasian asuhan kebidanan dengan metode SOAP.

Asuhan kebidanan komprehensif (*Continuity of Care*) dilakukan pada Ny. “D” usia 26 tahun G2P00010 di RS. Sido Waras Mojokerto mulai dari masa kehamilan trimester III, persalinan, nifas, bayi baru lahir, hingga pelayanan keluarga berencana. Hasil asuhan menunjukkan pada masa kehamilan usia 38-39 minggu, ibu mengalami ketidaknyamanan fisiologis berupa sering BAK dan nyeri punggung yang berhasil diatasi melalui edukasi posisi tubuh dan pola istirahat. Persalinan berlangsung secara spontan pada tanggal 21 Desember 2025 usia kehamilan 39-40 minggu melalui penerapan 60 langkah APN tanpa komplikasi. Bayi lahir bugar, jenis kelamin perempuan, BB 3200 gram, PB 50 cm, dan telah dilakukan IMD serta pemberian profilaksis lengkap (Vit K, salep mata, dan Hb₀). Pemantauan masa nifas hingga kunjungan ke-4 (40 hari) menunjukkan proses involusi uteri yang baik dengan TFU tidak teraba, luka jahitan perineum derajat 1 sembuh sempurna, serta keberhasilan pemberian ASI eksklusif. Pada asuhan bayi baru lahir hingga usia 20 hari, pertumbuhan neonatus terpantau normal, tali pusat lepas pada hari ke-6 tanpa tanda infeksi, dan bayi mendapatkan imunisasi sesuai jadwal. Sebagai upaya pengaturan jarak kehamilan, telah dilakukan pemasangan kontrasepsi IUD pasca-plasenta segera setelah proses persalinan sesuai prosedur Kemenkes RI 2021. Hingga akhir masa nifas, posisi IUD terpantau aman dan tidak ditemukan keluhan ekspulsi. Pembahasan asuhan ini menunjukkan bahwa seluruh rangkaian tindakan yang diberikan telah sesuai dengan standar pelayanan kebidanan dan kewenangan bidan, di mana dukungan suami serta kepatuhan ibu menjadi faktor kunci dalam mencapai hasil asuhan yang fisiologis dan berkualitas.

Kata Kunci: Asuhan Kebidanan, *Continuity Of Care*, Persalinan Normal, Iud Pasca-Plasenta.

ABSTRACT
CONTINUITY OF CARE
MIDWIFERY SERVICES FOR MRS. “D”, 26 YEARS OLD
AT SIDO WARAS HOSPITAL MOJOKERTO

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Comprehensive midwifery care is essential to monitor the well-being of the mother and fetus, as well as to prevent complications during pregnancy, childbirth, and the postpartum period. This study employed primary and secondary data through midwifery care documentation using the SOAP method.

Comprehensive midwifery care (Continuity of Care) was provided to Mrs. "D," a 26-year-old G2P00010, at Sido Waras Hospital, Mojokerto, spanning from the third trimester of pregnancy, labor, postpartum, newborn care, to family planning services. The results indicated that during the pregnancy at 38-39 weeks of gestation, the mother experienced physiological discomforts such as frequent urination and back pain, which were successfully managed through education on body positioning and rest patterns. Labor occurred spontaneously on December 21, 2025, at 39-40 weeks of gestation, following the 60 steps of Normal Delivery Care (APN) without complications. The baby was born healthy, female, weighing 3200 grams, with a length of 50 cm; Early Initiation of Breastfeeding (IMD) and complete prophylaxis (Vitamin K, eye ointment, and Hb-0) were administered. Postpartum monitoring until the fourth visit (40 days) showed a proper uterine involution process with the fundal height being impalpable, first-degree perineal sutures healing perfectly, and successful exclusive breastfeeding. In newborn care up to 20 days of age, neonatal growth was normal, the umbilical cord detached on the 6th day without signs of infection, and the infant received vaccinations according to the schedule. As an effort for birth spacing, a post-placental IUD contraceptive was inserted immediately after the delivery process following the 2021 Indonesian Ministry of Health procedures. By the end of the postpartum period, the IUD position remained secure with no reports of expulsion. The discussion of this care demonstrates that the entire series of actions provided aligned with midwifery service standards and professional authority, where husband support and maternal compliance were key factors in achieving physiological and high-quality outcomes.

Keywords: Midwifery Care, *Continuity of Care*, Normal Delivery, Post-Placental IUD