

**RINGKASAN**  
**ASUHAN KEBIDANAN**  
**PADA NY “P” UMUR 22 TAHUN DI PUSKESMAS WITIHAMA**  
**KABUPATEN FLORES TIMUR PROVINSI NUSA TENGGARA TIMUR**

**Oleh : Agustina Kewa Kian**

Layanan kebidanan berkelanjutan atau *Continuity of Care (CoC)* adalah bentuk perawatan menyeluruh yang mencakup fase gestasi, proses melahirkan, masa pascapersalinan, perawatan neonatus, hingga layanan kontrasepsi. Implementasi *CoC* difokuskan pada identifikasi awal terhadap risiko medis dan komplikasi, penguatan mutu asuhan, serta upaya konkret dalam meminimalisir angka kesakitan dan kematian pada kelompok ibu dan anak.

Dokumentasi ini menguraikan praktik asuhan kebidanan yang diberikan kepada Ny. “P”, seorang ibu berusia 22 tahun, di Puskesmas Witihama, Flores Timur, NTT pada tahun 2026. Seluruh rangkaian perawatan diorganisir menggunakan alur pikir manajemen kebidanan yang dituangkan dalam format SOAP, yang mengintegrasikan tahap pengumpulan data, penetapan diagnosa, penyusunan rencana tindakan, implementasi, hingga peninjauan hasil dan pencatatan medis.

Selama periode kehamilan, pemeriksaan dilakukan mengacu pada standar 7T guna mengawasi kesejahteraan ibu dan fetus serta mengenali gejala klinis yang mengancam. Saat persalinan, prosedur dijalankan sesuai protokol Asuhan Persalinan Normal (APN) melalui pengawasan ketat dari kala I hingga IV demi menghindari penyulit seperti eklampsia atau perdarahan pascamelahirkan. Evaluasi masa nifas mengikuti pedoman WHO untuk memvalidasi proses involusi rahim, mencegah risiko sepsis, dan memfasilitasi manajemen laktasi yang efektif. Bagi bayi baru lahir, diberikan perawatan dasar yang mencakup Inisiasi Menyusu Dini (IMD), profilaksis vitamin K, vaksinasi hepatitis B, serta pengamatan perkembangan neonatus. Tahap akhir asuhan melibatkan edukasi dan layanan keluarga berencana guna mewujudkan manajemen reproduksi yang terencana.

Penerapan pola asuhan berkelanjutan pada Ny. “P” membuktikan bahwa pendampingan yang tidak terputus sangat efektif dalam memaksimalkan pengawasan kesehatan ibu dan bayi. Melalui skrining dini dan pemberian edukasi yang relevan, risiko komplikasi dapat ditekan secara signifikan.

**Kata kunci:** *Continuity of Care*, asuhan kebidanan komprehensif, kehamilan, persalinan, nifas, neonatus, keluarga berencana.

**SUMMARY**  
**MIDDLEWIFERY CARE**  
**FOR 22-YEAR-OLD "P" AT THE WITIHAMA PUBLIC HEALTH CENTER**  
**EAST FLORES REGENCY, EAST NUSA TENGGARA PROVINCE**  
**By. Agustina Kewa Kian**

*Continuity of Care (CoC) is a comprehensive form of care that encompasses gestation, childbirth, the postpartum period, neonatal care, and contraception. CoC implementation focuses on early identification of medical risks and complications, strengthening the quality of care, and implementing concrete efforts to minimize morbidity and mortality among mothers and children.*

*This documentation describes the midwifery care practices provided to Mrs. "P," a 22-year-old mother, at the Witiham Community Health Center in East Flores, NTT, in 2026. The entire care process was organized using a midwifery management framework outlined in the SOAP format, which integrates data collection, diagnosis determination, action plan development, implementation, and review of results and medical records.*

*Throughout pregnancy, examinations were conducted in accordance with the 7T standards to monitor maternal and fetal well-being and identify any clinical symptoms of health problems. During delivery, procedures were carried out according to the Normal Delivery Care (APN) protocol, with close supervision from the first to fourth stages to avoid complications such as eclampsia or postpartum hemorrhage. Postpartum evaluations followed WHO guidelines to validate uterine involution, prevent the risk of sepsis, and facilitate effective lactation management. Newborns were provided with basic care, including Early Initiation of Breastfeeding (IMD), vitamin K prophylaxis, hepatitis B vaccination, and neonatal development monitoring. The final stage of care involved family planning education and services to ensure planned reproductive management.*

*The implementation of a continuous care pattern for Mrs. "P" demonstrated that continuous support is highly effective in maximizing maternal and infant health monitoring. Through early screening and relevant education, the risk of complications can be significantly reduced.*

*Keywords: Continuity of Care, comprehensive midwifery care, pregnancy, childbirth, postpartum, neonate, family planning.*