

RINGKASAN

ASUHAN KEBIDANAN *CONTINUITY OF CARE* (COC)

PADA NY. “R” USIA 34 TAHUN MULAI MASA HAMIL TRIMESTER III SAMPAI KB
DI TPMB BIDAN ISTIQOMAH BRAYU KECAMATAN DAWAR BLANDONG,
KABUPATEN MOJOKERTO

Oleh: Monica Safrizal Eka Putri

Asuhan kebidanan berkelanjutan (*Continuity of Care*) sangat penting untuk memantau kesehatan ibu-bayi serta mendeteksi dini komplikasi. Laporan ini bertujuan mendokumentasikan asuhan kebidanan komprehensif pada Ny. R usia 34 tahun di TPMB Bidan Istiqomah. Penelitian ini menggunakan metode studi kasus deskriptif dengan manajemen pendokumentasian SOAP yang dilakukan sebanyak 11 kali kunjungan meliputi masa kehamilan, persalinan, nifas, neonatus, hingga keluarga berencana melalui teknik wawancara, observasi, pemeriksaan fisik, dan rekam medis. Hasil asuhan menunjukkan kehamilan berlangsung fisiologis dan persalinan normal dengan laserasi perineum derajat II. Neonatus lahir fisiologis 3100 gram tanpa komplikasi, namun pada masa nifas ibu mengeluhkan nyeri luka jahitan, konstipasi, ASI belum optimal, serta gangguan istirahat. Analisis data menunjukkan bahwa seluruh kondisi dan keluhan yang dialami oleh ibu maupun bayi sepenuhnya masih berada dalam batas kategori fisiologis. Pemberian penatalaksanaan yang tepat berupa perawatan luka perineum, edukasi nutrisi, pijat laktasi, dukungan ASI eksklusif, serta konseling KB terbukti efektif mengatasi keluhan, mencegah terjadinya komplikasi, serta mendukung proses pemulihan secara optimal.

Kata kunci: *Continuity of Care*, asuhan kebidanan, nifas, neonatus, KB

SUMMARY

Midwifery Continuity of Care (COC) for Mrs. “R”, 34 Years Old, from Third Trimester of Pregnancy to Family Planning at TPMB Bidan Istiqomah, Brayu, Dawar Blandong District, Mojokerto Regency

By: Monica Safrizal Eka Putri

Continuity of Care (CoC) is crucial for monitoring maternal-neonatal health and detecting early complications. This report aims to document the comprehensive midwifery care provided to Mrs. R, 34 years old, at TPMB Bidan Istiqomah. This study employed a descriptive case study method utilizing SOAP documentation management, conducted over 11 visits encompassing pregnancy, labor, postpartum, neonatal, and family planning periods. Data were collected through interviews, observations, physical examinations, and medical records. The results indicated a physiological pregnancy and normal labor with a second-degree perineal laceration. The neonate was born physiologically weighing 3100 grams without complications; however, during the postpartum period, the mother complained of perineal suture pain, constipation, suboptimal breastfeeding, and sleep disturbances. Data analysis demonstrated that all conditions and complaints experienced by both mother and infant remained entirely within physiological limits. The provision of appropriate management—consisting of perineal wound care, nutritional education, lactation massage, exclusive breastfeeding support, and family planning counseling—proved effective in resolving complaints, preventing complications, and supporting an optimal recovery process.

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

