

RINGKASAN
ASUHAN CONTINUITY OF CARE
PADA NY. “R” USIA 29 TAHUN DI PUSKESMAS JATIREJO
KABUPATEN MOJOKERTO

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Asuhan kebidanan berkelanjutan (*continuity of care*) merupakan pendekatan komprehensif yang bertujuan meningkatkan kualitas pelayanan serta menjamin keselamatan ibu dan bayi sejak masa kehamilan hingga keluarga berencana. Pendekatan ini juga dapat dipadukan dengan intervensi komplementer untuk meningkatkan kenyamanan ibu. Laporan ini bertujuan menggambarkan pelaksanaan asuhan kebidanan secara menyeluruh pada Ny. R usia 29 tahun di Puskesmas Jatirejo Kabupaten Mojokerto. Metode yang digunakan adalah studi kasus dengan pendekatan manajemen kebidanan meliputi pengkajian, diagnosis, perencanaan, pelaksanaan, dan evaluasi. Asuhan diberikan secara berkesinambungan mulai dari kehamilan, persalinan, nifas, bayi baru lahir, hingga keluarga berencana. Intervensi komplementer yang diberikan meliputi pijat endorfin, teknik relaksasi, aromaterapi, *effleurage massage*, serta edukasi senam ringan untuk mengurangi ketidaknyamanan pada ibu hamil dan bersalin. Selain itu, diberikan pijat oksitosin dan terapi herbal menggunakan daun katuk dan daun kelor untuk membantu meningkatkan produksi ASI, serta penerapan *kangaroo mother care* (KMC) untuk menjaga kestabilan suhu tubuh bayi. Hasil asuhan menunjukkan bahwa kondisi Ny. R dan bayinya berada dalam batas fisiologis. Kehamilan hingga persalinan berlangsung normal, bayi lahir dalam keadaan sehat tanpa komplikasi, serta masa nifas berjalan dengan baik hingga ibu memilih metode kontrasepsi. Keluhan yang muncul bersifat ringan dan dapat diatasi melalui asuhan kebidanan standar serta dukungan intervensi komplementer. Kesimpulan menunjukkan bahwa asuhan kebidanan berkelanjutan yang terintegrasi dengan intervensi komplementer efektif dalam meningkatkan kenyamanan, kesejahteraan, serta mempertahankan kondisi fisiologis ibu dan bayi.

Kata Kunci: Hamil, Bersalin, Nifas, Neonatus, KB

SUMMARY

CONTINUITY OF CARE MIDWIFERY MANAGEMENT FOR MRS. “R”, 29 YEARS OLD AT JATIREJO PUBLIC HEALTH CENTER MOJOKERTO REGENCY

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Continuity of care in midwifery is a comprehensive approach aimed at improving the quality of care and ensuring the safety of both mother and baby from pregnancy through family planning services. This approach can also be integrated with complementary interventions to enhance maternal comfort. This report aims to describe the comprehensive implementation of midwifery care for Mrs. R, aged 29 years, at Jatirejo Primary Health Center, Mojokerto Regency. The method used was a case study with a midwifery management approach, including assessment, diagnosis, planning, implementation, and evaluation. Care was provided continuously from pregnancy, childbirth, postpartum, newborn care, to family planning services. The complementary interventions included endorphin massage, relaxation techniques, aromatherapy, effleurage massage, and light exercise education to reduce discomfort in pregnant and laboring mothers. In addition, oxytocin massage and herbal therapy using katuk leaves and moringa leaves were provided to support breast milk production. Kangaroo Mother Care (KMC) was also applied to maintain the infant's body temperature stability. The results showed that the condition of Mrs. R and her baby remained within physiological limits. The pregnancy and delivery proceeded normally, the baby was born healthy without complications, and the postpartum period progressed well until the mother chose a contraceptive method. The complaints experienced were mild and could be managed through standard midwifery care supported by complementary interventions. In conclusion, continuity of care in midwifery integrated with complementary interventions is effective in improving comfort, well-being, and maintaining the physiological condition of both mother and baby.

Keywords: Pregnancy, Childbirth, Postpartum, Neonate, Family Planning