

RINGKASAN ASUHAN *CONTINUITY OF CARE*
PADA NY. “W” USIA 28 TAHUN DI PUSKESMAS JATIREJO
KECAMATAN JATIREJO KABUPATEN MOJOKERTO

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Pemberian asuhan kebidanan komprehensif dan berkelanjutan merupakan upaya penting dalam meningkatkan derajat kesehatan ibu dan bayi serta menurunkan angka kematian ibu dan bayi. Studi ini bertujuan memberikan asuhan kebidanan berkelanjutan (*Continuity of Care*) pada Ny. W usia 28 tahun di Puskesmas Jatirejo selama kurang lebih enam minggu. Metode yang digunakan adalah studi kasus dengan pendekatan manajemen kebidanan meliputi pengkajian, diagnosis, perencanaan, pelaksanaan, dan evaluasi. Pendampingan dilakukan secara observasi partisipatif melalui 2 kali kunjungan antenatal, 1 kali persalinan, 4 kali kunjungan nifas, 3 kali asuhan neonatus, serta 1 kali pelayanan keluarga berencana. Asuhan tidak hanya berfokus pada standar pelayanan, tetapi juga dikombinasikan dengan intervensi komplementer non-farmakologis untuk meningkatkan kenyamanan dan kesejahteraan ibu dan bayi. Intervensi yang diberikan meliputi hidroterapi, aromaterapi lemon/orange, dan teknik relaksasi napas dalam selama kehamilan; stimulasi puting susu dan relaksasi napas dalam saat persalinan; serta relaksasi napas dalam, *sitz bath*, pijat oksitosin, hypnobreastfeeding, pelvic tilt, dan senam kegel pada masa nifas. Selain itu, diterapkan *Kangaroo Mother Care* untuk menjaga suhu tubuh bayi dan memperkuat ikatan ibu dan bayi. Hasil menunjukkan kondisi ibu dan bayi berada dalam batas fisiologis, dengan kehamilan hingga persalinan berjalan normal tanpa komplikasi. Masa nifas berlangsung baik hingga ibu memilih kontrasepsi. Keluhan yang muncul ringan dan dapat diatasi. Disimpulkan bahwa asuhan berkelanjutan dengan intervensi komplementer efektif meningkatkan kenyamanan, kesejahteraan, serta mempertahankan kondisi fisiologis ibu dan bayi.

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

**SUMMARY OF CONTINUITY OF CARE
ON NY. “W” AGE 28 YEARS AT JATIREJO HEALTH CENTER
JATIREJO DISTRICT, MOJOKERTO DISTRICT**

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Providing comprehensive and continuous midwifery care is an important effort in improving maternal and infant health and reducing maternal and infant mortality rates. This study aims to provide continuous midwifery care (Continuity of Care) to Mrs. W, 28 years old, at the Jatirejo Community Health Center for approximately six weeks. The method used is a case study with a midwifery management approach including assessment, diagnosis, planning, implementation, and evaluation. Assistance is carried out through participatory observation through 2 antenatal visits, 1 delivery, 4 postpartum visits, 3 neonatal care, and 1 family planning service. Care not only focuses on service standards, but is also combined with complementary non-pharmacological interventions to improve the comfort and well-being of mothers and babies. Interventions provided include hydrotherapy, lemon/orange aromatherapy, and deep breathing relaxation techniques during pregnancy; nipple stimulation and deep breathing relaxation during labor; as well as deep breathing relaxation, sitz baths, oxytocin massage, hypnobreastfeeding, pelvic tilts, and Kegel exercises during the postpartum period. Kangaroo Mother Care was also implemented to maintain the baby's body temperature and strengthen the mother-infant bond. Results showed that the mother and baby were within physiological limits, with pregnancy and delivery proceeding normally without complications. The postpartum period progressed well until the mother chose contraception. Any complaints that arose were mild and manageable. It was concluded that continuous care with complementary interventions effectively increased comfort, well-being, and maintained the physiological condition of both mother and baby.

Keywords: Pregnancy, Maternity, Postpartum, Neonate, KB