

RINGKASAN

ASUHAN KEBIDANAN PADA NY " A.D " G₁P₁₀₀₀₁ DARI MASA HAMIL DENGAN KEHAMILAN RESIKO RENDAH SAMPAI DENGAN KB DI PUSKESMAS BLIMBING KESAMBEN KABUPATEN JOMBANG

Oleh : Dwi Chyristyarini

Asuhan kebidanan *Continuity of Care* (COC) merupakan pelayanan komprehensif dan berkesinambungan yang diberikan sejak masa kehamilan, persalinan, nifas, neonatus hingga keluarga berencana untuk memastikan kesehatan ibu dan bayi secara optimal. Laporan ini bertujuan mendeskripsikan hasil dan pembahasan asuhan kebidanan pada Ny. A.D usia 26 tahun primigravida dengan kehamilan fisiologis. Asuhan dimulai pada trimester III dengan keluhan nyeri punggung dan kontraksi Braxton Hicks yang masih dalam batas fisiologis. Pemeriksaan menunjukkan kondisi ibu dan janin dalam kondisi baik. Persalinan berlangsung spontan pada usia kehamilan aterm tanpa komplikasi. Manajemen nyeri dilakukan secara nonfarmakologis melalui teknik relaksasi, *massage effleurage*, kompres hangat, mobilisasi, serta pendampingan suami sehingga membantu meningkatkan kenyamanan ibu selama proses persalinan. Bayi lahir dalam kondisi sehat dan segera dilakukan inisiasi menyusui dini untuk mendukung keberhasilan pemberian ASI.

Pada masa nifas, kondisi ibu menunjukkan involusi uterus yang baik dan produksi ASI lancar, meskipun terdapat keluhan *after pain* dan bendungan ASI yang dapat diatasi dengan edukasi dan perawatan yang tepat. Pemantauan neonatus menunjukkan pertumbuhan dan perkembangan sesuai usia tanpa ditemukan tanda bahaya. Pada hari ke-40 postpartum, ibu mendapatkan konseling mengenai pilihan metode kontrasepsi dan memutuskan menggunakan KB suntik karena dinilai praktis, efektif, dan aman bagi ibu menyusui. Secara keseluruhan, asuhan COC berjalan fisiologis dan mendukung kesehatan ibu serta bayi secara berkelanjutan. Kata kunci: *Continuity of Care*, asuhan kebidanan, kehamilan fisiologis, persalinan normal, masa nifas, neonatus, keluarga berencana.

SUMMARY

MIDWIFERY CARE FOR MRS. "A.D" G1P10001 FROM LOW-RISK PREGNANCY TO FAMILY PLANNING AT BLIMBING KESAMBEN PRIMARY HEALTH CENTER, JOMBANG REGENCY

By: Dwi Chyristyarini

Continuity of Care (COC) in midwifery is a comprehensive and continuous service provided from pregnancy, childbirth, postpartum, neonatal care, to family planning in order to ensure optimal maternal and infant health. This report aims to describe the results and discussion of midwifery care for Mrs. A.D., a 26-year-old primigravida with a physiological pregnancy. The care began in the third trimester with complaints of back pain and Braxton Hicks contractions that were still within physiological limits. Examination results showed that both the mother and fetus were in good condition. Labor occurred spontaneously at term without complications. Pain management was carried out using non-pharmacological methods including relaxation techniques, effleurage massage, warm compresses, mobilization, and husband support, which helped improve the mother's comfort during labor. The baby was born in a healthy condition and early initiation of breastfeeding was performed to support successful breastfeeding.

During the postpartum period, the mother's condition showed good uterine involution and adequate breast milk production, although she experienced after pain and breast engorgement which were managed through proper education and care. Neonatal monitoring indicated growth and development appropriate for age with no danger signs observed. On the 40th day postpartum, the mother received counseling about contraceptive options and chose injectable contraception because it is practical, effective, and safe for breastfeeding mothers. Overall, the COC midwifery care in this case proceeded physiologically and supported the ongoing health of both mother and baby.

Keywords : Continuity of Care, midwifery care, physiological pregnancy, normal delivery, postpartum period, neonate, family planning.