

**RINGKASAN ASUHAN KEBIDANAN PADA NY C USIA
30 TAHUN DI PMB SUWARTININGSIH DESA
KARANGANYAR KECAMATAN BANTARAN
KABUPATEN
PROBOLINGGO**

**OLEH:
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Asuhan kebidanan komprehensif yang dilakukan secara berkesinambungan sejak masa kehamilan hingga keluarga berencana merupakan strategi penting untuk meningkatkan kesehatan ibu dan bayi serta menurunkan AKI dan AKB. Pendampingan dilakukan melalui metode observasi berkelanjutan. Tujuan asuhan ini adalah memberikan pelayanan kebidanan secara menyeluruh pada Ny. C usia 30 tahun selama ± 9 minggu, meliputi kehamilan 2 kali, persalinan 1 kali, nifas 4 kali, neonatus 4 kali, dan keluarga berencana 1 kali. Hasil menunjukkan bahwa kehamilan pertama dan kedua berlangsung fisiologis. Persalinan berjalan normal, dengan kala I lancar, kala II selama 30 menit tanpa laserasi perineum, kala III 15 menit, dan kala IV tanpa komplikasi. Masa nifas pada kunjungan 1–4 berlangsung normal tanpa keluhan. Bayi lahir perempuan dengan berat 3000 gram dan panjang 50 cm, serta tidak ditemukan penyulit pada kunjungan neonatus. Pada kunjungan keluarga berencana, ibu menggunakan KB suntik 3 bulan tanpa keluhan. Pendampingan berkelanjutan melalui pendekatan Continuity of Care terbukti meningkatkan kesejahteraan ibu dan bayi. Tidak ditemukan kesenjangan antara teori dan praktik, sehingga asuhan yang diberikan sesuai standar dan mampu memantau kondisi ibu dan bayi secara optimal.

Kata kunci: kehamilan, persalinan, masa nifas, neonatus, keluarga berencana.

**SUMMARY OF MIDWIFERY CARE FOR 30-YEAR-OLD Mrs. C
AT PMB SUWARTININGSIH, KARANGANYAR VILLAGE,
BANTARAN DISTRICT, PROBOLINGGO REGENCY**

BY:

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Continuity of Care (COC) midwifery care is a continuous midwifery care provided to mothers and babies, starting during pregnancy, childbirth, newborn care, postpartum care, and family planning. With COC care, the mother's condition is monitored at all times. Furthermore, the continuous care provided by midwives can foster greater trust and openness among mothers, as they become more familiar with the care provided. The target of midwifery care is the mother, focusing on continuity of care throughout pregnancy, childbirth, postpartum care, family planning, and the newborn. The target of this care is Mrs. "C," a postpartum mother from 0-42 days physiological postpartum, and Mrs. "C," a physiological neonate. Two prenatal visits were conducted. Mrs. "C" delivered spontaneously vaginally at 38/39 weeks of gestation. Mrs. "C" underwent four postpartum visits. Four neonatal visits were conducted, and there were no complaints, resulting in normal findings and consistent with the theory. The family planning visits went well, consistent with the theory, and the mother chose the 3-monthly injectable contraceptive method. The mother is expected to exclusively breastfeed and breastfeed her baby on demand, regularly take her baby to the Integrated Health Post (Posyandu) to monitor her growth and development, and receive complete immunizations.

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