

RINGKASAN
ASUHAN KEBIDANAN PADA NY "D" UMUR 23 TAHUN
DI UPTD PUSKESMAS DAWARBLANDONG MOJOKERTO

Oleh:
Chintya Bella Vernanda

Asuhan Kebidanan *Continuity of Care* (COC) merupakan pelayanan kebidanan yang diberikan secara berkesinambungan mulai dari kehamilan, persalinan, bayi baru lahir, nifas, hingga keluarga berencana. Asuhan ini bertujuan memantau kesehatan ibu dan bayi secara menyeluruh serta mendukung penurunan Angka Kematian Ibu (AKI) dan Angka Kematian Bayi (AKB). Tujuan asuhan kebidanan *Continuity of Care* adalah memberikan pelayanan yang berkesinambungan untuk memantau kesehatan ibu dan bayi, mendeteksi masalah sejak dini, serta meningkatkan kualitas kesehatan ibu dan bayi dalam upaya menurunkan AKI dan AKB. Rancangan asuhan yang digunakan adalah pendekatan *continuity of care*. Asuhan kebidanan secara komprehensif (*continuity of care*). Sasaran asuhan ini adalah Ny "D" usia 23 tahun mulai masa kehamilan trimester III, persalinan, neonatus sampai dengan KB.

Data yang disajikan, kemudian dibahas dan dibandingkan dengan teori, adakah kesenjangan antara fakta dengan teori. Setelah penulis melaksanakan asuhan kebidanan secara komprehensif dari masa kehamilan sampai kontrasepsi dengan menggunakan pendokumentasian SOAP pada Ny. "D", kunjungan kehamilan dilakukan 1 kali dan didapatkan hasil bahwa ibu hamil mengalami kehamilan fisiologis.

Persalinan Ny. "D" dilakukan secara spontan pervaginam pada usia kehamilan 37 minggu. Kunjungan masa nifas dilakukan sebanyak 4 kali pada Ny. "D" didapatkan keluhan nyeri luka jahitan, diatasi dengan pemberian KIE perawatan luka perineum. Kunjungan neonatus dilakukan sebanyak 3 kali, tidak terdapat keluhan sehingga didapatkan hasil keadaan normal dan sesuai dengan teori. Kunjungan pada masa KB, berjalan dengan baik sehingga sesuai dengan teori yang ada dan ibu memilih KB suntik 3 bulan.

Diharapkan ibu untuk memberikan ASI eksklusif dan menyusui bayinya secara *on demand*, membawa bayi secara rutin ke Posyandu untuk memantau pertumbuhan dan perkembangan bayi serta mendapatkan imunisasi lengkap.

Kata Kunci : Continuity of Care (COC), Masa Kehamilan, Masa Nifas, Persalinan Fisiologis, Neonatus.

SUMMARY

CONTINUITY OF CARE (COC) MIDWIFERY CARE FOR MRS. "D", 23 YEARS OLD AT UPTD PUSKESMAS DAWARBLANDONG MOJOKERTO

By:

Chintya Bella Vernanda

Continuity of Care (COC) Midwifery Care is a continuous midwifery service provided from pregnancy, childbirth, newborn care, postpartum care, to family planning. This care aims to comprehensively monitor the health of both mother and baby while supporting efforts to reduce the Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR). The objective of Continuity of Care is to provide ongoing midwifery services that monitor maternal and neonatal health, facilitate early detection of health problems, and improve the quality of maternal and child health as part of the efforts to reduce MMR and IMR.

The care plan applied in this case was the Continuity of Care approach. Comprehensive midwifery care was provided to Mrs. "D", a 23-year-old woman, starting from the third trimester of pregnancy through childbirth, neonatal care, postpartum care, and family planning.

The collected data were presented, analyzed, and compared with existing theories to identify any discrepancies between clinical findings and theoretical concepts. After providing comprehensive midwifery care from pregnancy until family planning using the SOAP documentation method, it was found that Mrs. "D" attended one antenatal care visit, during which her pregnancy was assessed as physiological (normal).

Mrs. "D" delivered spontaneously through vaginal birth at 37 weeks of gestation. Four postpartum visits were conducted, during which she complained of perineal suture pain. The complaint was managed by providing health education regarding proper perineal wound care. Three neonatal visits were also conducted, with no complaints or abnormalities identified, indicating that the newborn's condition was normal and consistent with theoretical expectations. Family planning care was carried out successfully, and the mother chose the 3-month injectable contraceptive, which was in accordance with current clinical recommendations.

It is recommended that the mother provide exclusive breastfeeding and breastfeed her baby on demand, regularly attend community health posts (Posyandu) to monitor the baby's growth and development, and ensure that the baby receives complete routine immunizations.

Keywords : *Continuity of Care (COC), Physiological Pregnancy, Postpartum Care, Physiological Neonate, Spontaneous Vaginal Delivery.*