

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES BANDUNG PRODI STUDI  
KEBIDANAN (KAMPUS BOGOR) PROGRAM DIPLOMA TIGA  
LAPORAN TUGAS AKHIR, JUNI 2024**

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**Asuhan Kebidanan Nifas pada Ny. K usia 15 Tahun P1A0 Di RSUD  
Leuwiliang**

**VI Bab, 81 Halaman , 7 Lampiran, 1 Gambar**

**ABSTRAK**

Angka Kematian Ibu (AKI) di Indonesia sebanyak 189 per 100.000 pada tahun 2020. Faktor penyebab AKI diantaranya komplikasi kehamilan dan persalinan, akses terbatas ke pelayanan kesehatan, pernikahan dini dan kehamilan remaja. Komplikasi yang terjadi akan meningkat seiring dengan tingkat resiko yang dihadapi ibu, salah satunya hamil; usia muda. Hamil dan melahirkan pada usia <20 tahun memiliki risiko kematian maternal 2-5 kali lebih tinggi. Tujuan disusunnya Laporan Tugas Akhir ini agar mampu menerapkan asuhan kebidanan terhadap Ny. K usia 15 tahun P1A0 di RSUD Leuwiliang.

Metode penulisan Laporan Tugas Akhir adalah dengan laporan kasus, pendekatannya manajemen kebidanan. Pendokumentasikan dalam bentuk SOAP. (subjektif, objektif, Analisa dan penatalaksanaan), serta teknik pengumpulan datanya melalui wawancara, pemeriksaan fisik , observasi, studi dokumentasi dan studi literasi.

Diperoleh data subjektif Ny. K usia 15 tahun P1A0 hamil 40 minggu, melahirkan secara normal pada tanggal 29 Maret 2024 pukul 06.00 WIB dengan rupture perineum derajat 3, ibu merasa senang dengan kehadiran bayinya. Pada saat 6 jam postpartum ibu mengeluh nyeri pada genetalia. Data objektif didapatkan TD 110/80 mmHg, N 82 x/menit, R 20 x/menit, S 36,1°C, TFU 2 jari di bawah pusat, kontraksi keras, kandung kemih kosong, genetalia terdapat luka jahitan utuh dan basah, tidak ada tanda infeksi. Berdasarkan data tersebut, diperoleh analisa Ny. K usia 15 tahun P1A0 postpartum 6 jam dengan nyeri luka jahitan perineum. Penatalaksanaan yang diberikan antara lain konseling tanda bahaya pada masa nifas, perawatan perineum, personal hygiene, kebutuhan nutrisi, istirahat serta perawatan bayi baru lahir dan pemberian konseling KB pasca bersalin.

Kesimpulan, Setelah dilakukan asuhan ibu dan bayi tidak ada tanda komplikasi pada ibu dan bayi, ibu menerima kehadiran sang bayi, ibu sudah tidak mengalami nyeri luka perineum. Saran untuk pasien yaitu menjaga kesehatan, melakukan perawatan luka perineum dan perawatan bayi baru lahir.

**Kata Kunci : Nifas, Nyeri Luka Jahitan**

**Pustaka : 24 (2015-2024)**

**HEALTH POLYTECHNIC OF THE MINISTRY OF HEALTH BANDUNG  
BOGOR MIDWIFERY STUDY PROGRAM FINAL PROJECT REPORT,  
JUNE 2024**

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**Postpartum Midwifery Care for Mrs. K aged 15 years P1A0 at RSUD  
Leuwiliang**

**VI Chapter, 81 Pages, 7 Attachment, 1 Picture**

**ABSTRACT**

*The maternal mortality rate (MMR) in Indonesia is 102 per 100,000 in 2021. Several factors causing MMR include complications of pregnancy and childbirth, limited access to health services, early marriage and teenage pregnancy. The complications that occur will increase in line with the level of risk faced by the mother, one of which is that women who are pregnant and give birth at <20 years of age have a 2-5 times higher risk of maternal death, namely the mother is at greater risk of experiencing anemia, hypertension, abortion, preeclampsia and eclampsia. The aim of preparing this Final Assignment Report is to be able to implement midwifery care for Mrs. K aged 15 years P1A0 at Leuwiliang Regional Hospital.*

*The method for writing the Final Assignment Report is a case report, the approach is midwifery management. Documentation in SOAP form. (subjective, objective, analysis and management), as well as data collection techniques through interviews, physical examination, observation, documentation studies and literacy studies.*

*Obtained subjective data from Mrs. K aged 15 years P1A0 40 weeks pregnant, gave birth normally on March 29 2024 at 06.00 WIB with grade 3 perineal rupture, at 6 hours postpartum the mother complained of pain in the genitalia. Objective data obtained were BP 110/80 mmHg, N 82  $\times$ /minute, R 20  $\times$ /minute, S 36.1°C, TFU 2 fingers below the center, hard contractions, empty bladder, genitalia had intact and wet suture wounds, no signs of infection. Based on these data, an analysis of Mrs. K aged 15 years P1A0 postpartum 6 hours with pain from perineal suture wounds. The management provided includes counseling on danger signs during the postpartum period, perineal care, personal hygiene, nutritional needs, rest and care for newborns and providing postnatal family planning counseling.*

*Conclusion After caring for the mother and baby, there were no signs of complications for the mother and baby, the mother no longer experienced perineal wound pain. Advice for patients is to maintain health, care for perineal wounds and care for newborns.*

**Keywords : postpartum**

**References :24 (2015-2024)**