

**POLITEKNIK KESEHATAN BANDUNG PROGRAM STUDI
KEBIDANAN BOGOR LAPORAN TUGAS AKHIR, JUNI 2024**

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**Asuhan Kebidanan Kehamilan Pada Ny. C usia 23 tahun dengan
Ketidaknyamanan Fisiologis di Puskesmas Ciawi**

VI BAB, 107 halaman, 6 lampiran, 3 gambar, 3 tabel

ABSTRAK

Angka kehamilan di Jawa Barat rata-rata berjumlah 224.808 jiwa pertahunnya.- Pada kehamilan, terjadi berbagai perubahan anatomis fisiologis, salah satunya sistem muskuloskeletal dan sistem urinaria. Perubahan ini akan menyebabkan berbagai ketidaknyamanan pada ibu hamil. Menurut jurnal dalam penelitian ketidaknyamanan ibu hamil yang mengambil sampel 63 orang ibu hamil trimester III, sebanyak 73% mengeluh sering BAK, 28,6% nyeri pinggang, dan 20,6% nyeri punggung atas dan bawah. Tujuan disusunnya Laporan Tugas Akhir ini agar mampu menerapkan asuhan kebidanan kehamilan pada Ny. C usia 23 tahun G1P0A0 usia kehamilan 35 minggu dengan ketidaknyamanan fisiologis trimester III.

Metode penulisan dalam laporan ini menggunakan metode laporan kasus dan pendokumentasian dalam bentuk SOAP, teknik yang dilakukan saat pengkajian adalah manajemen kebidanan dan teknik pengumpulan data melalui wawancara, pemeriksaan fisik dan penunjang, observasi, dan studi literatur.

Pada data subjektif ditemukan Ny. C mengeluh sering BAK di malam hari dengan frekuensi 3-4x dan 6-8x di malam hari. Didapatkan data objektif TD 100/70 mmHg, N 80x/menit, R 21x/menit, S 36°C, TFU Mc Donald 28 cm, Leopold 1: teraba bulat lunak, Leopold 2: teraba pipih keras di kanan (puka), Leopold 3: teraba bulat keras melenting, belum masuk PAP. Pemeriksaan lainnya dalam batas normal. Analisa diperoleh Ny. C usia 23 tahun G1P0A0 usia kehamilan 35 minggu janin tunggal hidup intrauteri presentasi kepala dengan keadaan ibu dan janin baik. Penatalaksanaan yang diberikan KIE perubahan fisiologis ibu hamil, cara mengatasi sering BAK, body mekanik, senam hamil, tanda bahaya kehamilan, dan tanda gejala persalinan.

Kesimpulan asuhan ini, ibu sudah tidak mengeluh sering BAK dan pemeriksa dalam batas normal. Saran untuk tenaga kesehatan agar lebih tanggap dalam melakukan asuhan kehamilan khususnya terhadap ketidaknyamanan fisiologis kehamilan.

**Kata kunci : Asuhan Kebidanan Kehamilan, Ketidaknyaman Fisiologis
Pustaka : 17 (2016-2023)**

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

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Pregnancy Midwifery Care for Mrs. C at 23 years old with Physiological Discomfort in the third trimester at the Ciawi Health Center, Bogor Regency
VI CHAPTER, 107 yard, 6 Attachment. 3 picture. 3 table

ABSTRACT

The average pregnancy rate in West Java is 224,808 people per year. During pregnancy, various anatomical and physiological changes occur, one of which is the musculoskeletal system and the urinary system. These changes will cause various discomforts for pregnant women. According to a journal in research on the discomfort of pregnant women which took a sample of 63 pregnant women in the third trimester, as many as 73% complained of frequent urination, 28.6% low back pain, and 20.6% upper and lower back pain. The aim of preparing this Final Assignment Report is to be able to implement midwifery care for pregnancy in Mrs. C 23 years old G1P0A0 35 weeks gestation with physiological discomfort in the third trimester.

The writing method in this report uses the case report method and documentation in the form of SOAP, the techniques used during the study are midwifery management and data collection techniques through interviews, physical and supporting examination, observation, and literature study.

In subjective data it was found that Mrs. C complains of frequent urination at night with a frequency of 3-4× and 6-8× at night. Obtained objective data BP 100/70 mmHg, N 80×/minute, R 21×/minute, S 36°C, Mc Donald TFU 28 cm, Leopold 1: felt soft round, Leopold 2: felt flat hard on the right (puka) , Leopold 3: felt round, hard, melted, not yet in the PAP. Other examinations were within normal limits. Analysis obtained by Mrs. C 23 years old G1P0A0 gestational age 35 weeks singleton live fetus intrauterine head presentation with good condition of mother and fetus. The management provided by IEC provides physiological changes in pregnant women, how to deal with frequent urination, body mechanics, pregnancy exercises, danger signs of pregnancy, and symptoms of labor.

In conclusion of this care, the mother no longer complained of frequent urination and the examiner was within normal limits. Suggestions for health workers to be more responsive in carrying out pregnancy maintenance, especially regarding the physiological discomforts of pregnancy.

Keywords : Pregnancy Midwifery Care, Physiological Discomfort

References : 17 (2016-2023)