

**POLITEKNIK KESEHATAN BANDUNG PROGRAM STUDI KEBIDANAN
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**Asuhan Kebidanan Postpartum pada Ny. A Usia 19 Tahun P1A0 dengan
Masalah Laktasi di PMB Bidan N Kabupaten Bogor
VI BAB, 64 halaman, 8 lampiran, 8 gambar, 2 tabel**

ABSTRAK

Postpartum adalah masa sesudah persalinan untuk pemulihan organ kandungan seperti sebelum hamil dalam waktu 6 minggu Berbagai komplikasi masa nifas dapat terjadi yaitu, preeklamsia 36,8%, perdarahan 22,6%, infeksi 5,2% dan lain-lain 35,4%. Oleh karena itu, perlu perhatian khusus yang meliputi pemeriksaan fisik dan perawatan harian ibu untuk memantau tanda bahaya, support emosional untuk mencegah gangguan psikologis pada ibu serta menyiapkan ibu untuk peran barunya sebagai orang tua. Maka diperlukan asuhan penting lainnya, membantu ibu memenuhi kebutuhan bayinya, seperti kebutuhan menyusui. Tujuan penulisan laporan tugas akhir ini untuk memahami penatalaksanaan asuhan kebidanan postpartum pada Ny. A usia 19 tahun P1A0 dengan masalah laktasi.

Metode yang digunakan pada penyusunan laporan tugas akhir adalah laporan kasus dengan pendekatan manajemen kebidanan. Pendokumentasian teknik SOAP. Teknik pengumpulan data melalui wawancara, observasi, pemeriksaan fisik, studi dokumentasi dan studi literatur. Tempat pengambilan kasus di PMB Bidan N pada tanggal 22-25 Februari 2022. Berdasarkan hasil pengkajian postpartum 6 jam, ibu telah berhasil melakukan IMD dalam waktu 1 jam dan saat menyusui ibu merasa nyeri perut bagian bawah. Ibu ingin menyusui bayi dengan posisi duduk tetapi terdapat rasa nyeri pada luka laserasi. Ibu juga mengatakan kesulitan memegang bayinya dan tidak mengerti cara menyusui bayinya yang benar. Hasil pemeriksaan tanda-tanda vital, tekanan darah 120/80 mmHg, nadi 70x/ menit, suhu 36,5 °C dan respirasi 20x/menit. Hasil pemeriksaan fisik ditemukan mata tidak ikterik dan anemis, payudara kotor, lembek serta terdapat kolostrum, abdomen setinggi pusat, kontraksi baik dan kandung kemih kosong serta luka laserasi tidak ada pembengkakan dan perdarahan aktif. Analisa yang ditegakan Ny. A usia 19 tahun P1A0 dengan masalah laktasi, yaitu kurangnya pemahaman ibu terkait teknik menyusui, perawatan payudara, ASI eksklusif serta ketidaknyamanan luka perineum dan *afterpains*. Penatalaksanaan yang dilakukan memberikan asuhan postpartum dengan mengoptimalkan perawatan payudara, memperlancar produksi ASI, memperbaiki teknik menyusui, ASI eksklusif, mencegah komplikasi masalah laktasi, memberikan asuhan perawatan luka perineum, penanganan *afterpains* dan konseling tanda bahaya nifas.

Kesimpulan, pengetahuan ibu bertambah, payudara bersih, kebutuhan bayi tercukupi, ibu dapat beradaptasi serta menangani luka perineum juga *afterpains* dan mengerti tanda bahaya nifas. Saran untuk ibu dan keluarga, tetap melakukan perawatan payudara dan pijat oksitosin selama menyusui, mempertahankan pemberian ASI eksklusif serta melakukan penanganan luka perineum dan *afterpains* dengan baik.

Kata Kunci : ASI, menyusui, laktasi.

Pustaka : 35 (2012 - 2021)

**HEALTH POLYTECHNIC BANDUNG, BOGOR MIDWIFERY STUDY PROGRAM,
FINAL REPORT, JUNE 2022**

Postpartum Midwifery Care for Mrs. A 19 Years Old P1A0 with Lactation Problems at PMB Midwife N Bogor District

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6 Chapters, 64 pages, 8 attachments, 8 pictures, 2 tables

ABSTRACT

The postpartum is period after giving birth for recovery of uterine organs as before pregnancy within 6 weeks. Various complications during the puerperium can occur, namely, preeclampsia 36.8%, bleeding 22.6%, infection 5.2% and others 35.4%. Therefore, it is necessary to give special attention, which include physical examinations and daily care of mothers to monitor danger signs, emotional support to prevent psychological disorders and prepare for their new roles as parents. So other important care is needed, helping mothers meet the needs of their babies, such as breastfeeding needs. The purpose of writing this final report was understand the management of postpartum midwifery care for Mrs. A 19 years old P1A0 with lactation problems.

The method used in the preparation of the final project report was a case report with midwifery management approach. SOAP technique documentation was used. Information collection techniques through interviews, observations, physical examinations, documentation studies and literature studies. The place of taking cases was at PMB Midwife N on 22-25 February 2022. Based on the results of the 6 hour postpartum assessment, the mother had successfully performed early initiation of breastfeeding within 1 hour and while breastfeeding the mother felt pain in the lower abdomen. The mother wants to breastfeed her baby in a sitting position but there is pain in the laceration wound. The mother also seemed to have difficulty holding her baby and said she did not understand how to breastfeed her baby properly. The results of vital signs, blood pressure 120/80 mmHg, pulse 70x/minute, temperature 36.5°C and respiration 20x/minute. The results of the physical examination found that the eyes were not icteric and anemic, the breasts were dirty, soft and had colostrum, the abdomen was in the middle, the contractions were good and the bladder was empty and the laceration wound was not swollen, active bleeding. and there is lochia rubra. The analysis uphealdby Mrs. A 19 years old P1A0 with lactation problems, namely the mother's lack of understanding about breastfeeding techniques and discomfort of perineal wounds also afterpains. The management carried out was to provide postpartum midwifery care by optimizing breast care, facilitating milk production, improving breastfeeding techniques, exclusive breastfeeding, preventing complications of lactation problems, providing perineal wound care, handling afterpains and counseling for puerperal danger signs.

In conclusion, a mother's knowledge increases, breasts were clean, breastfeeding was fluent, infant's need on breastmilk was fulfilled, can adapt also handle perineal wounds as well as afterpains and understand the danger signs of parturition. Suggestions for mothers and families, continue to do breast care and oxytocin massage during breastfeeding, maintain exclusive breastfeeding and treat perineal wounds and afterpains properly.

Keywords : Breast milk, breast feeding, lactation

Bibliography : 35 (2012 - 2021)