

**POLITEKNIK KESEHATAN KEMENKES BANDUNG PROGRAM STUDI
KEBIDANAN BOGOR LAPORAN TUGAS AKHIR, JUNI 2023**

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**Asuhan Kebidanan pada Ny. T usia 24 Tahun P2A0 di Puskesmas Ciampea
VI BAB, 62 halaman, 9 lampiran**

ABSTRAK

Masa nifas atau *puerperium* dimulai setelah lahirnya plasenta sampai dengan 6 minggu. Periode nifas meliputi masa transisi kritis bagi ibu secara fisiologis, emosional dan sosial. Selama masa nifas berlangsung terjadi perubahan fisiologis dan psikologis. Perubahan tersebut akan menimbulkan ketidaknyamanan pada masa nifas seperti kelelahan, kurang istirahat, emosi ibu tidak stabil, sering BAK, susah BAB, keputihan, perut mulas, bendungan ASI, puting susu lecet, nyeri luka bekas jahitan jalan lahir. Untuk itu perlu adanya pendampingan selama masa nifas agar perubahan yang awalnya bersifat fisiologis tidak berubah menjadi keadaan patologis yang dapat membahayakan kesehatan dan mengakibatkan kematian bagi ibu. Tujuan penulisan Laporan Tugas Akhir ini adalah untuk melakukan asuhan kebidanan postpartum pada Ny. T di Puskesmas Ciampea.

Metode yang digunakan dalam penyusunan Laporan Tugas Akhir ini adalah laporan kasus, dengan pendekatan manajemen kebidanan dan menggunakan metode pendokumentasian dalam bentuk SOAP (subjektif, objektif, Analisa, dan penatalaksanaan). Sedangkan Teknik pengumpulan data diperoleh melalui Teknik wawancara, pemeriksaan fisik, observasi, studi dokumentasi, dan studi literatur.

Hasil pengkajian data subjektif yang didapatkan Ny. T mengeluh nyeri jahitan luka perineum. Data objektif yang didapatkan keadaan umum baik, kesadaran composmentis, tekanan darah 110/70 mmhg, nadi 80x/menit, respirasi 20x/menit, suhu 36°C, TFU 2 jari dibawah pusat, kontraksi uterus teraba keras dan bulat, kandung kemih penuh, tampak lochea rubra +/- 70 ml, terdapat luka jahitan. Analisa yang didapatkan adalah asuhan kebidanan postpartum pada Ny. T usia 24 tahun P2A0 di Puskesmas Ciampea. Penatalaksanaan yang dilakukan adalah memberitahu kondisi ibu, memantau TTV, kontraksi dan perdarahan, ibu diberitahu tentang ketidaknyamanan nifas, ibu diberitahu tentang gizi ibu nifas, pola istirahat, personal hygiene dan tanda bahaya nifas.

Kesimpulan dari asuhan kebidanan postpartum yang dilakukan pada Ny. T sudah sesuai dengan standar asuhan kebidanan. Saran untuk Ny.T dan keluarga diharapkan melaksanakan anjuran bidan dan segera mengambil keputusan untuk ber KB.

Kata Kunci : Asuhan Kebidanan Postpartum

Pustaka : 34 (2014-2022)

**BANDUNG HEALTH POLTECHNIC MIDWIFERY STUDY PROGRAM
BOGOR FINAL PROJECT REPORT, MAY 2023**

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**Midwifery Care for Mrs. T 24 years old P2A0 at the Ciampea Health Center
VI CHAPTERS, 62 pages, 9 appendices**

ABSTRACT

The puerperium or puerperium begins after the birth of the placenta up to 6 weeks. The postpartum period includes a critical transitional period for the mother physiologically, emotionally and socially. During the postpartum period, physiological and psychological changes occur. These changes will cause discomfort during the postpartum period such as fatigue, lack of rest, unstable mother's emotions, frequent urination, difficult bowel movements, leucorrhoea, stomach cramps, breast milk, chafed nipples, pain from stitches in the birth canal. For this reason, assistance is needed during the postpartum period so that changes that are initially physiological in nature do not turn into pathological conditions that can endanger health and result in death for the mother. The purpose of writing this Final Project Report is to carry out postpartum midwifery care for Mrs. T at the Ciampea Health Center.

The method used in the preparation of this Final Project Report is a case report, with a midwifery management approach and uses the documentation method in the form of SOAP (subjective, objective, analysis, and management). Meanwhile, data collection techniques were obtained through interviews, physical examinations, observations, documentation studies, and literature studies.

The results of the subjective data assessment obtained by Mrs. T complained of pain in the perineal wound stitches. The objective data obtained are good general condition, composmentis awareness, blood pressure 110/70 mmHg, pulse 80×/minute, respiration 20×/minute, temperature 36°C, TFU 2 fingers below center, uterine contractions feel hard and round, bladder full, looks lochia rubra +/- 70 ml, there are stitches. The analysis obtained was postpartum midwifery care for Mrs. T 24 years old P2A0 at the Ciampea Health Center. The management carried out was to inform the mother's condition, monitor TTV, contractions and bleeding, the mother was informed about postpartum discomfort, the mother was informed about postpartum maternal nutrition, rest patterns, personal hygiene and postpartum danger signs.

Conclusions from postpartum midwifery care performed on Ny. T is in accordance with midwifery care standards. Suggestions for Mrs. T and her family are expected to carry out the midwife's recommendations and immediately make a decision to have family planning.

Keywords : Post Partum Midwifery Care

Literature : 34 (2014-2022)