

Lampiran 1 Pengkajian Data

ASUHAN KEBIDANAN PADA NY. T UMUR 34 TAHUN G3P1A0AH2 UK 38 MINGGU 5 HARI HAMIL DI WILAYAH PUSKESMAS PENGASIH II KULON PROGO

Tanggal pengkajian: 15 April 2026 Jam 10.00 Wib

Biodata	Ibu	Suami
Nama	: Ny. T	: Tn. P
Umur	: 34 tahun	: 44 tahun
Pendidikan	: SLTA	: SLTA
Pekerjaan	: IRT	: PNS
Agama	: Islam	: Islam
Suku/ Bangsa	: Jawa/ Indonesia	: Jawa/ Indonesia
Alamat	: Menggungan, Tawang Sari	: Menggungan, Tawang Sari

DATA SUBYEKTIF

1. Keluhan Utama
Ibu mengatakan ingin memeriksakan kehamilannya dan sering buang air kecil
2. Riwayat Perkawinan
Kawin 1 kali. Kawin pertama umur 21 tahun. Dengan suami sekarang 13 tahun
3. Riwayat Menstruasi
Menarche umur 12 tahun. Siklus 30 hari. Teratur/tidak. Lama 5-6 hari. Sifat Darah: Encer/Beku. Flou Albus: ya/tidak. Dysmenorhoe: ya/tidak . Banyak Darah kurang lebih 3-4 x ganti pembalut
4. Riwayat Kehamilan ini
 - b. Riwayat ANC
HPHT 17 Juli 2025 2025 HPL 24 April 2026 2026, Usia Kehamilan: 38² minggu 5 hari
Frekuensi.
Trimester I: 2 kali
Trimester II: 5 kali
Trimester III: 5 kali
 - c. Pola Nutrisi

Makan	Minum	
Frekuensi	3x/hari	9-10x/ hari
Macam	Nasi, sayur, lauk	Air putih, susu
Jumlah	Satu porsi	Satu gelas sedang
Keluhan	Tidak ada keluhan	Tidak ada keluhan
 - d. Pola Eliminasi

BAB	BAK	
Frekuensi	1x/hari	6-8x/hari
Warna	Kuning kecoklatan	Kuning jernih
Bau	Khas	Khas
Konsisten	Lunak	Cair
Keluhan	Tidak ada keluhan	Sering BAK

- e. Pola aktivitas
 1. Kegiatan sehari-hari :
Melakukan pekerjaan rumah tangga seperti memasak, mencuci, menyapu, mengurus anak
 2. Istirahat/Tidur :
Malam kurang lebih 8 jam
- f. Personal Hygiene
 1. Kebiasaan mandi 2 kali/hari
 2. Kebiasaan membersihkan alat kelamin setiap selesai BAB, BAK dan setiap mandi
 3. Kebiasaan mengganti pakaian dalam setiap mandi
 4. Jenis pakaian dalam yang digunakan katun

5. Riwayat Kehamilan, Persalinan dan nifas yang lalu

Ham il ke	Persalinan								Nifas	
	Tangg al Lahir	Umur Kehamilan	Jenis Persal inan	Pe nol on g	Komplikasi		Jeni s kela min	BB/T B Lahir	Lakta si	Komplik asi
					Ibu	Bayi				
1.	2014	Aterm	Spontan	Bd	Tak	Tak	L	2500/ 48	YA	Tak
2	2019	Aterm	Spontan	Bd	Tak	Tak	P	2850/ 49	YA	Tak
3	Hamil ini									

6. Riwayat Kontrasepsi yang digunakan

N o	Jenis kontrasep si	Mulai Memakai				Berhenti / ganti cara			
		Tangg al	Ole h	Temp at	Keluha n	Tangg al	Ole h	Temp at	Alasa n
1	IUD	2020	Bd	Klinik	Tak	2023	Bd	Klinik	Ingin anak

6. Riwayat Kesehatan

- a. Penyakit sistemik yang pernah/sedang diderita
Ibu mengatakan tidak sedang / pernah menderita penyakit sistemik seperti DM, Asma, Jantung, HIV, dan Hepatits
- b. Penyakit yang pernah/sedang diderita keluarga
Ibu mengatakan keluarganya tidak sedang / pernah menderita penyakit DM, Asma, Jantung, HIV, dan Hepatits
- c. Riwayat keturunan kembar: Tidak ada
- d. Riwayat Alergi : Tidak ada
- e. Kebiasaan-kebiasaan
Merokok: Tidak
Minum jamu jamuan: tidak
Minum-minuman keras: tidak
Makanan/minuman pantang: tidak ada

Perubahan pola makan (termasuk nyidam, nafsu makan turun, dan lain-lain): tidak ada

7. Riwayat Psikologi Spiritual

- a. Kehamilan ini diinginkan/~~Tidak diinginkan~~
- b. Pengetahuan ibu tentang kehamilan
Ibu mengatakan bahwa hamil harus selalu makan makanan bergizi, rutin periksa dan minum vitamin
- c. Pengetahuan ibu tentang kondisi/keadaan yang dialami sekarang
Ibu mengerti bahwa dirinya sedang hamil
- d. Penerimaan ibu terhadap kehamilan saat ini
Ibu menerima kehamilan ini
- e. Tanggapan keluarga terhadap kehamilan
keluarga mendukung kehamilan ini
- f. Persiapan/rencana persalinan
Ibu dan suami sudah mempersiapkan mulai dari biaya, pakaian ibu dan bayi, transportasi yang digunakan motor, untuk penolong persalinan bidan dan untuk tempat persalinan antara di Bidan Praktik Mandiri atau di puskesmas Pendorong adalah adik dari suami.

8. Keadaan Sosial Ekonomi Keluarga

- a. Pekerjaan Pokok : Buruh
- b. Pekerjaan Sampingan : Tidak Ada
- c. Pendapatan : (± 5.500.000/Bulan)
- d. Perincian Pengeluaran per-bulan : ± Rp. 3.300.000
 - 1) Kebutuhan pokok (makan) : ± Rp. 2.000.000
 - 2) Kebutuhan rutin
 - Sekolah : Rp. 560.000
 - Arisan : Rp. 100.000
 - Listrik : Rp. 300.000
 - PAM : Rp. 200.000
 - Iuran BPJS : Rp. 140.000
 - 3) Tabungan : Rp. 1.700.000
 - 4) Biaya Pemeliharaan kesehatan : Rp. 500.000
- e. Keikutsertaan dalam asuransi kesehatan (BPJS/JKN) : Ya / Tidak*

9. Keadaan Perumahan Dan Lingkungan Pemukiman

- a. Rumah
 - 1) Status kepemilikan : Milik Sendiri
 - 2) Denah



- b. Sarana masak
- 1) Bahan bakar : Gas/Elpiji dan kayu bakar
 - 2) Tempat penyimpanan alat dapur : Rak Khusus
 - 3) Ventilasi dapur : Jendela dan sangkaman
 - 4) Kebersihan dapur : Bersih, tertata rapih
 - 5) Jarak tempat pembuangan sampah : + 10 meter di halaman depan
- c. Sampah
- 1) Sarana pembuangan sampah : Tempat Sampah
 - 2) Tempat pembuangan sampah : Belakang rumah
 - 3) Letak pembuangan sampah : $\pm$ 500 m dari rumah Yogyakarta
 - 4) Pengelolaan sampah : Dibakar
 - 5) Sumber air
 - 6) Sumber air minum : Sumur
 - 7) Jarak sumber air dengan WC : + 3 Meter
 - 8) Pencemaran air : Tidak Ada
 - 9) Kualitas air (warna, bau, rasa): Tidak ada warna, bau dan rasa
- d. Jamban Keluarga
- 1) Status kepemilikan jamban : Milik Sendiri
 - 2) Jenis : WC jongkok
 - 3) Letak : Didalam rumah dan di rumah bagian belakang
 - 4) Kebersihan : Bersih
 - 5) Jumlah jamban : 1
- e. Saluran Pembuangan Air Limbah (SPAL)
- 1) Jenis Limbah : limbah rumah tangga
 - 2) Bak Limbah : tidak ada
 - 3) Saluran limbah : Langsung mengalir ke saluran air
 - 4) Jarak limbah dengan sumber air: + 5 meter dari rumah

- f. Kandang ada/tidak : Ada, kandang ayam berada disamping rumah.
- g. Pemanfaatan Pekarangan : tidak ada pemanfaatan halaman rumah.

DATA OBYEKTIF

1. Pemeriksaan Umum
 - a. Keadaan umum Baik, Kesadaran Compos Mentis
 - b. Tanda Vital Tekanan darah: 120/81 mmHg Nadi: 80 kali per menit
Pernafasan: 20 kali per menit Suhu: 36,3°C
 - c. TB: 153 cm BB sebelum hamil 43,9 cm sekarang 53 kg Lila 25 cm
 - d. Kepala dan leher Oedem Wajah: tidak ada Chloasma gravidarum: tidak ada Mata: konjungtiva merah muda, sclera putih Mulut: lembab Leher: tidak ada pembesaran kelenjar limfe dan vena jugularis
 - e. Abdomen
Bentuk: simetris
Bekas luka: tidak ada
Striae gravidarum: tidak ada
Palpasi Leopold
Leopold I didapat hasil TFU Mc Donald 32 cm, pada fundus teraba bokong, Leopold II menunjukkan punggung di sebelah kiri, Leopold III menunjukkan bagian terbawah atau presentasi adalah kepala, Leopold IV tangan divergen dengan kesimpulan kepala sudah masuk panggul.
DJJ: 148x/ menit teratur
 - f. Ekstremitas
Oedem: tidak ada
Varices: tidak ada
Kuku: merah muda
2. Pemeriksaan Penunjang
Hb 12,1 mmHg

ANALISA

Ny. T umur 34 tahun G3P2A0Ah2 UK 38 minggu 5 hari janin hidup, tunggal, punggung kiri, presentasi kepala dengan kehamilan normal.

PENATALAKSANAAN

1. Memberitahu hasil pemeriksaan kepada ibu dan suami bahwa keadaan ibu dan janin dalam kondisi baik, tekanan darah 120/81 mmHg, DJJ 148 x/menit teratur, presentasi kepala, dan kepala janin sudah masuk panggul.
Evaluasi: Ibu dan suami mengerti hasil pemeriksaan dan tampak tenang.
2. Memberikan penjelasan bahwa sering buang air kecil pada kehamilan trimester III merupakan hal fisiologis karena kepala janin yang sudah masuk panggul menekan kandung kemih.
Evaluasi: Ibu memahami penyebab sering BAK yang dialami dan tidak merasa cemas.

3. Menganjurkan ibu untuk tetap memenuhi kebutuhan cairan dengan minum air putih yang cukup ± 8 gelas/hari dan tidak menahan BAK untuk mencegah infeksi saluran kemih.
Evaluasi: Ibu bersedia mengikuti anjuran dan mengatakan akan tetap minum cukup air.
4. Menganjurkan ibu mengurangi minum terlalu banyak menjelang tidur malam agar frekuensi BAK malam hari berkurang dan istirahat tidak terganggu.
Evaluasi: Ibu memahami anjuran yang diberikan.
5. Memberikan edukasi tentang nutrisi seimbang pada ibu hamil trimester III seperti mengonsumsi makanan yang mengandung karbohidrat, protein, sayur, buah, serta tablet tambah darah secara teratur.
Evaluasi: Ibu dapat mengulang kembali makanan yang dianjurkan dan mengatakan rutin minum vitamin dari bidan.
6. Menganjurkan ibu untuk tetap menjaga personal hygiene terutama kebersihan genitalia dengan membersihkan dari arah depan ke belakang dan mengganti pakaian dalam secara teratur.
Evaluasi: Ibu mengatakan sudah melakukan kebersihan diri dengan baik dan bersedia mempertahankannya.
7. Memberikan edukasi tanda-tanda persalinan seperti keluar lendir bercampur darah, kontraksi yang teratur dan semakin kuat, serta keluar air ketuban.
Evaluasi: Ibu dapat menyebutkan kembali tanda-tanda persalinan.
8. Memberikan edukasi tanda bahaya kehamilan trimester III seperti perdarahan pervaginam, sakit kepala hebat, pandangan kabur, nyeri perut hebat, gerakan janin berkurang, dan ketuban pecah sebelum waktunya.
Evaluasi: Ibu memahami tanda bahaya dan bersedia segera datang ke fasilitas kesehatan bila mengalami keluhan tersebut.
9. Mengingatkan ibu dan keluarga untuk mempersiapkan persalinan meliputi perlengkapan ibu dan bayi, transportasi, biaya, serta pendonor darah jika sewaktu-waktu diperlukan.
Evaluasi: Ibu dan suami mengatakan persiapan persalinan sudah dilakukan.
10. Menganjurkan ibu untuk kontrol ulang atau datang sewaktu-waktu apabila terdapat tanda persalinan atau keluhan lain.
Evaluasi: Ibu bersedia melakukan kunjungan ulang dan segera datang bila ada tanda persalinan.

[illegible]

7. Riwayat Kesehatan

- a. Ibu mengatakan tidak pernah atau tidak sedang menderita penyakit sistemik seperti jantung, asma, hipertensi, diabetes melitus dan penyakit menular seperti TBC< Hepatitis B, IMS, dan HIV/AIDS.
- b. Ibu mengatakan bahwa keluarga tidak pernah atau tidak sedang menderita penyakit sistemik seperti jantung, asma, hipertensi, diabetes melitus dan penyakit menular seperti TBC< Hepatitis B, IMS, dan HIV/AIDS.
- c. Ibu mwngatakan tidak memiliki keturunan kembar.

8. Riwayat Kehamilan Ini

- a. Tempat pemeriksaan Kehamilan : Puskesmas, PMB, dokter spesialis kandungan
TM I : 2 kali
TM II: 5 kali
TM III: 5 kali
- b. HPHT : 17 Juli 2025
HPL : 24 April 2026
Umur Kehamilan: 39 minggu 4 hari

10. Riwayat Persalinan

- a. Kontraksi uterus mulai tgl/jam : 21 April 2026/11.00
- b. Pengeluaran pervaginam lendir darah sejak tgl/jam: 21 April 2026/15.00 wib

11. Riwayat Kesejahteraan Janin

Gerakan janin: aktif

12. Riwayat Nutrisi dan Eliminasi

- a. Makan terakhir tgl/jam : 21 April 2026/17.00 WIB
- b. Buang Air Kecil terakhir tgl/jam : 21 April/19.00 WIB
- c. Buang Air Besar terakhir tgl/jam : 21 April 2026/05.00 WIB

O (OBJEKTIF)

1. PEMERIKSAAN UMUM

- a. KU : Baik Kesadaran : Compos Mentis
- b. Tanda vital :
TD : 120/75 mmHg.
N : 79 kali/menit.
R : 24 kali/menit.
S : 36,5 °C
BB : Sebelum hamil : 43,9 Kg. BB sekarang : 53 kg.
TB : 153 cm
LLA : 25 cm.

2. PEMERIKSAAN KHUSUS

(Inspeksi, Palpasi, auskultasi, Perkusi)

- a. Muka : konjungtiva merah muda, sclera putih
- b. Leher : tidak ada pembesaran pada kelenjar tiroid dan kelenjar limfe
- c. Payudara : simetris, membesar, putting menonjol, colostrum sudah keluar.

d. Perut

- 1) Inspeksi : Membesar memanjang, terlihat kontraksi uterus, tidak ada bekas luka.
- 2) Palpasi :
 - a) Leopold 1 : TFU tiga jari di bawah *Procesus Xifoideus* (PX), pada fundus teraba bagian lunak, tidak melenting (bokong janin)
 - b) Leopold II : Pada perut sebelah kanan ibu teraba bagian kecil janin (ekstremitas janin), pada perut sebelah kiri ibu teraba memanjang, keras seperti papan (punggung janin)
 - c) Leopold III: teraba bagian besar, bulat, melenting, tudak bisa digoyangkan (presentasi kepala)
 - d) Leopold IV: Posisi tangan pemeriksa divergen (Kepala sudah masuk panggul)
 - e) TBJ (32- 12) x 155 = 3255 gram
 - f) Kontraksi : Durasi : 45 detik, frekuensi : 4 kali/10 menit
- 3) Auskultasi : Punctum maksimum bawah pusat sebelah kiri, Frekuensi 155 kali/menit, teratur.
- e. Genetalia : vulva dan vagina normal, portio teraba tipis, pembukaan serviks 8 cm, ketuban (+), presentasi kepala, penurunan kepala Hodge III, ubun-ubun kecil di depan, tidak terdapat molase, serta tidak teraba tali pusat maupun bagian kecil janin.

A (ANALISIS)

Ny. T umur 34 tahun G3P2A0Ah2 umur kehamilan 39 minggu 4 hari janin tunggal intrauterine, hidup, presentasi kepala, punggung kiri, dalam persalian kala 1 fase aktif

P (PENATALAKSANAAN)

Kala I Fase Aktif

Tanggal/Jam : 21 Apri 2026/20.45 wib

1. Memberitahu ibu dan keluarga hasil pemeriksaan bahwa ibu dalam persalinan kala I fase aktif dengan pembukaan 8 cm, kondisi ibu dan janin baik.
Evaluasi: Ibu dan keluarga mengerti kondisi persalinan saat ini.
2. Memberikan dukungan emosional kepada ibu dan menganjurkan suami/keluarga untuk mendampingi ibu selama persalinan.
Evaluasi: Ibu tampak lebih tenang dan suami mendampingi ibu.
3. Mengajarkan teknik relaksasi dan pengaturan napas saat kontraksi datang dengan menarik napas panjang melalui hidung dan mengeluarkan perlahan melalui mulut.
Evaluasi: Ibu dapat mengikuti teknik napas yang diajarkan.
4. Menganjurkan ibu memilih posisi yang nyaman seperti miring kiri atau berjalan ringan untuk membantu penurunan kepala janin dan mengurangi nyeri persalinan.

- Evaluasi: Ibu bersedia miring kiri dan tampak lebih nyaman.
5. Memenuhi kebutuhan nutrisi dan cairan ibu dengan menganjurkan minum air putih dan makan makanan ringan di sela kontraksi.
Evaluasi: Ibu minum air putih dan makan sedikit makanan yang disediakan.
 6. Menganjurkan ibu untuk tidak menahan BAK dan membantu ibu ke kamar mandi bila diperlukan.
Evaluasi: Kandung kemih kosong dan ibu dapat BAK spontan.
 7. Melakukan observasi kemajuan persalinan meliputi his, DJJ, tekanan darah, nadi, suhu, serta kemajuan pembukaan serviks menggunakan partograf.
Evaluasi: Hasil observasi menunjukkan kondisi ibu dan janin baik serta persalinan berlangsung normal.
 8. Menyiapkan alat, bahan, dan perlengkapan pertolongan persalinan serta alat resusitasi bayi dalam kondisi siap pakai.
Evaluasi: Alat dan bahan persalinan lengkap serta siap digunakan.

Kala II

Tanggal/Jam : 21 April 2026/21.45 wib

1. Melakukan pemeriksaan dalam atas indikasi adanya dorongan meneran, tekanan pada anus, dan perineum menonjol.
Evaluasi: Pembukaan lengkap 10 cm, ketuban masih utuh, kepala janin turun di Hodge IV.
2. Memberitahu ibu bahwa pembukaan sudah lengkap dan ibu diperbolehkan meneran saat ada kontraksi.
Evaluasi: Ibu mengerti dan siap mengikuti anjuran.
3. Memimpin ibu meneran dengan benar saat kontraksi dan menganjurkan istirahat di antara kontraksi.
Evaluasi: Ibu dapat meneran dengan efektif.
4. Melakukan amniotomi saat indikasi ketuban masih utuh dengan pembukaan lengkap.
Evaluasi: Air ketuban jernih keluar.
5. Menolong kelahiran bayi sesuai APN dengan melindungi perineum dan mengontrol lahirnya kepala bayi secara perlahan.
Evaluasi: Bayi lahir spontan pukul 22.02 WIB, menangis kuat, gerak aktif, warna kulit kemerahan.
6. Melakukan penilaian segera setelah lahir.
Evaluasi: Bayi lahir jenis kelamin sesuai, BB 3500 gram, PB 50 cm, LK 34 cm, kondisi baik.

Kala III

Tanggal/Jam : 21 April 2026/22.02 wib

1. Memastikan tidak ada janin kedua dengan melakukan palpasi abdomen.
Evaluasi: Tidak terdapat janin kedua.
2. Memberikan oksitosin 10 IU secara intramuskular pada 1/3 paha luar ibu dalam 1 menit setelah bayi lahir.

Evaluasi: Oksitosin telah diberikan.

3. Melakukan penjepitan dan pemotongan tali pusat setelah tali pusat berhenti berdenyut.

Evaluasi: Tali pusat berhasil dipotong dan tidak terjadi perdarahan.

4. Melakukan IMD (Inisiasi Menyusu Dini) dengan meletakkan bayi di dada ibu.

Evaluasi: Bayi melakukan kontak kulit dengan ibu dan mulai mencari puting.

5. Melakukan manajemen aktif kala III dengan peregang tali pusat terkendali sambil melakukan kontraksi uterus.

Evaluasi: Plasenta lahir lengkap pukul 22.10 WIB.

6. Memeriksa kelengkapan plasenta dan selaput ketuban.

Evaluasi: Plasenta dan selaput ketuban lengkap.

7. Melakukan masase fundus uteri setelah plasenta lahir.

Evaluasi: Uterus berkontraksi baik dan keras.

Kala IV

Tanggal/Jam : 21 April 2026/22.10 wib

1. Melakukan pemeriksaan jalan lahir untuk mengetahui adanya robekan perineum.

Evaluasi: Terdapat ruptur perineum derajat II.

2. Melakukan penjahitan ruptur perineum derajat II dengan teknik aseptik dan anestesi lokal.

Evaluasi: Luka perineum berhasil dijahit, perdarahan minimal.

3. Memantau keadaan umum ibu, tanda vital, kontraksi uterus, tinggi fundus uteri, kandung kemih, dan perdarahan setiap 15 menit pada 1 jam pertama dan setiap 30 menit pada 1 jam kedua.

Evaluasi: Keadaan umum ibu baik, uterus keras, perdarahan normal ± 100 cc.

4. Membersihkan ibu dan mengganti pakaian bersih serta nyaman.

Evaluasi: Ibu merasa bersih dan nyaman.

5. Menganjurkan ibu makan dan minum setelah persalinan untuk memulihkan tenaga.

Evaluasi: Ibu mau makan dan minum.

6. Memberikan edukasi kepada ibu mengenai tanda bahaya masa nifas seperti perdarahan banyak, demam, nyeri hebat, dan bau tidak sedap pada jalan lahir.

Evaluasi: Ibu memahami tanda bahaya nifas.

7. Mendokumentasikan seluruh hasil pemeriksaan dan tindakan yang telah dilakukan pada partograf dan catatan persalinan.

Evaluasi: Dokumentasi telah lengkap dilakukan.

CATATAN PERSALINAN

- Tanggal : 21-4-2024
- Nama bidan : Ike Istiqomah
- Tempat Persalinan :
 - ☐ Rumah Ibu ☒ Puskesmas
 - ☐ Polindes ☐ Rumah Sakit
 - ☐ Klinik Swasta ☐ Lainnya :
- Alamat tempat persalinan : Rumah, Jalan Aygo
- Catatan : ☐ Rujuk, kala : I / II / III / IV
- Alasan merujuk :
- Tempat rujukan :
- Pendamping pada saat merujuk :
 - ☐ Bidan ☐ Teman
 - ☐ Suami ☐ Dukun
 - ☐ Keluarga ☐ Tidak ada

KALA I

- Partogram melewati garis waspada : Y 1
- Masalah lain, sebutkan :
- Penatalaksanaan masalah Tab :
- Hasilnya :

KALA II

- Episiotomi :
 - ☐ Ya, Indikasi
 - ☒ Tidak
- Pendamping pada saat persalinan
 - ☒ Suami ☐ Teman ☐ Tidak ada
 - ☐ Keluarga ☐ Dukun
- Gawat Janin :
 - ☐ Ya, tindakan yang dilakukan
 - a.
 - b.
 - c.
- Distosia bahu :
 - ☐ Ya, tindakan yang dilakukan
 - a.
 - b.
 - c.
- Masalah lain, sebutkan :
- Penatalaksanaan masalah tersebut :
- Hasilnya :

KALA III

- Lama kala III : menit
- Pemberian Oksitosin 10 U im ?
 - ☐ Ya, waktu : menit sesudah persalinan
 - ☐ Tidak, alasan
- Pemberian ulang Oksitosin (2x) ?
 - ☐ Ya, alasan
 - ☐ Tidak
- Penegangan tali pusat terkendali ?
 - ☐ Ya
 - ☐ Tidak, alasan

PEMANTAUAN PERSALINAN KALA IV

Jam Ke	Waktu	Tekanan darah	Nadi	Tinggi Fundus Uteri	Kontraksi Uterus	Kandung Kemih	Perdarahan
1	22.25	120/70	85	2 Jr bwh puser	Keras	Kosong	20
	22.40	120/70	85	2 Jr bwh puser	Keras	Kosong	20
	22.55	120/70	85	2 Jr bwh puser	Keras	Kosong	20
	23.10	120/70	85	2 Jr bwh puser	Keras	Kosong	20
2	23.40	110/75	80	2 Jr bwh puser	Keras	Kosong	40
	00.10	110/75	80	2 Jr bwh puser	Keras	Kosong	40

Masalah kala IV :
 Penatalaksanaan masalah tersebut :
 Hasilnya :

- Masase fundus uteri ?
☒ Ya
 - Tidak, alasan
 - Plasenta lahir lengkap (intact) ☒ Ya / Tidak
Jika tidak lengkap, tindakan yang dilakukan :
a.
b.
 - Plasenta tidak lahir > 30 menit : Ya (Tidak)
☐ Ya, tindakan :
a.
b.
c.
 - Leserasi :
☒ Ya, dimana : leserasi vagina, leserasi perineum, epitel perineum
☐ Tidak
 - Jika leserasi perineum, derajat : 1 2 3 / 4
Tindakan :
☒ Perawatan dengan tanpa anestesi
☐ Tidak dijahit, alasan
 - Aloni uteri :
☐ Ya, tindakan :
a.
b.
c.
 - Jumlah perdarahan : 100 ml
 - Masalah lain, sebutkan
 - Penatalaksanaan masalah tersebut :
 - Hasilnya :
- BAYI BARU LAHIR :**
- Berat badan : 3500 gram
 - Panjang : 50 cm
 - Jenis kelamin : L (P)
 - Penilaian bayi baru lahir : baik / ada penyulit
 - Bayi lahir :
☒ Normal, tindakan :
☐ mengeringkan
☐ menghangatkan
☐ rangsang taktil
☒ Bungkus bayi dan tempatkan di sisi ibu
☐ Aspiksila ringan/pucat/biru/temas/tindakan :
☐ mengeringkan ☐ bebaskan jalan napas
☐ rangsang taktil ☐ menghangatkan
☐ bungkus bayi dan tempatkan di sisi ibu
☐ lain - lain sebutkan :
☐ Cacat bawaan, sebutkan :
☐ Hipotermi, tindakan :
a.
b.
c.
 - Pemberian ASI
☒ Ya, waktu : jam setelah bayi lahir
☐ Tidak, alasan
 - Masalah lain,sebutkan :
Hasilnya :

ASUHAN KEBIDANAN PADA BAYI BARU LAHIR
BAYI NY. T USIA 2 JAM CUKUP BULAN, SESUAI MASA
KEHAMILAN

Pengkajian tanggal: 22 April 2026 / 00.02 WIB

Biodata Bayi

Nama : Bayi Ny.T

Tanggal lahir : 21 April 2026/22.02

Jenis kelamin : Perempuan

Biodata	Ibu	Ayah
Nama	: Ny. T	: Tn. P
Umur	: 34 tahun	: 44 tahun
Pendidikan	: SLTA	: SLTA
Pekerjaan	: IRT	: IRT
Agama	: Islam	: Islam
Suku/ Bangsa	: Jawa/ Indonesia	: Jawa/ Indonesia
Alamat	: Menggungan, Tawang Sari	: Menggungan, Tawang Sari

DATA SUBJEKTIF

1. Riwayat Antenatal

- a. P3A0A3 umur kehamilan 39 minggu 4 hari
- b. Riwayat ANC : Teratur, 12 kali, di bidan, puskesmas, RS
- c. Kenaikan BB : 10,6 kg
- d. Keluhan saat hamil : Mual dan pegal
- e. Penyakit selama hamil : Tidak ada
- f. Kebiasaan makan
Obat/ Jamu : Ibu hanya mengonsumsi vitamin yang diberikan oleh bidan, ibu tidak mengonsumsi jamu
Merokok : Ibu dan suami tidak merokok
- g. Komplikasi
Ibu : Tidak ada
Janin : Tidak ada

2. Riwayat Intranatal

- a. Lahir tanggal : 21 April 2026, jam 22.02 WIB
- b. Jenis persalinan : Spontan/Normal
- c. Penolong : Bidan
- d. Lama persalinan : 1 Jam 17 menit
- e. Komplikasi
Ibu : Tidak ada
Janin : Tidak ada

3. Keadaan bayi baru lahir

Nilai APGAR : 1 menit/ 5 menit/ 10 menit : 8/9/10

No	Penilaian	1 menit	5 menit	10 menit
1	Warna kulit	1	2	2
2	Denyut jantung	2	2	2
3	Reflek	2	2	2
4	Tonus otot	1	1	2
5	Usaha nafas	2	2	2
	Jumlah	8	9	10

Caput succedaneum: Tidak ada

Cephal hematoma : Tidak ada

Cacat bawaan : Tidak ada

DATA OBJEKTIF

1. Pemeriksaan Umum

- Pernapasan : 45x/menit
- Denyut jantung : 146x/menit
- Tonus otot dan gerakan aktif
- Menangis Kuat
- Warna kulit kemerahan

2. Pemeriksaan Fisik

- kepala: Bersih, rambut hitam, UUB belum menutup
- Muka: Tidak ada tanda sindrom down, tidak pucat, tidak kuning
- Mata: Simetris, bersih
- Telinga: Terdapat daun telinga, simetris
- Hidung: Tidak terdapat nafas cuping
- Mulut: Lembab, bersih
- Leher: Tidak ada pembesaran, tidak ada lipatan tambahan
- Klavikula dan lengan tangan: Tidak terdapat fraktur, dapat fleksi maksimal
- Dada: Tidak terdapat retraksi dinding dada, simetris
- Punggung: Lurus, tidak ada meningokel dan ensephalokel
- Abdomen: Tidak ada pembesaran abdomen, tidak teraba massa
- Genitalia: tampak normal, labia mayora menutupi labia minora, terdapat lubang uretra dan vagina, tidak terdapat kelainan kongenital, tidak ada perdarahan maupun sekret abnormal
- Tungkai dan kaki: Dapat fleksi maksimal
- Anus: Terdapat lubang anus

1. Reflek

- Moro*: Bayi terkejut saat dikagetkan
- Rooting*: Bayi memalingkan kepalanya saat disentuh pipinya
- Graphs*: Gerakan jari-jari tangan bayi dapat mencengkram benda-benda yang disentuh ke bayi
- Sucking*: Bayi dapat menghisap ketika menyusu

2. Antropometri

- a. LK : 34 cm
- b. LD : 33 cm
- c. LLA : 11 cm
- d. Berat lahir : 3500 gram
- e. Panjang badan lahir: 50 cm

ANALISIS

Bayi Ny. T usia 2 jam cukup bulan, sesuai masa kehamilan, normal

PENATALAKSANAAN

1. Memberitahu ibu dan keluarga hasil pemeriksaan bahwa bayi dalam keadaan normal, cukup bulan, sesuai masa kehamilan, dengan tanda vital dalam batas normal.
Evaluasi: Ibu dan keluarga mengerti kondisi bayi dalam keadaan baik dan normal.
2. Menjaga kehangatan bayi dengan membungkus bayi menggunakan kain bersih dan kering serta memakaikan topi.
Evaluasi: Bayi tetap hangat, suhu tubuh stabil, dan tidak tampak tanda hipotermi.
3. Melakukan pemantauan tanda vital bayi meliputi pernapasan, denyut jantung, warna kulit, suhu tubuh, dan aktivitas bayi.
Evaluasi: Pernapasan 45x/menit, denyut jantung 146x/menit, warna kulit kemerahan, bayi aktif dan menangis kuat.
4. Melakukan perawatan tali pusat dengan menjaga tali pusat tetap bersih dan kering tanpa pemberian ramuan atau bahan lain.
Evaluasi: Tali pusat tampak bersih, tidak ada perdarahan maupun tanda infeksi.
5. Memberikan salep mata antibiotik profilaksis pada kedua mata bayi untuk mencegah infeksi mata pada bayi baru lahir.
Evaluasi: Salep mata telah diberikan pada kedua mata bayi.
6. Memberikan vitamin K1 dosis 1 mg secara intramuskular pada paha kiri anterolateral bayi.
Evaluasi: Vitamin K1 telah diberikan dan bayi tidak mengalami reaksi setelah penyuntikan.
7. Memberikan imunisasi Hepatitis B dosis 0 pada paha kanan anterolateral bayi satu jam setelah pemberian vitamin K.
Evaluasi: Imunisasi Hepatitis B telah diberikan sesuai prosedur.
8. Menganjurkan ibu untuk memberikan ASI sesering mungkin dan tetap melakukan kontak kulit dengan bayi.
Evaluasi: Bayi dapat menyusu dengan baik dan ibu bersedia memberikan ASI eksklusif.
9. Mengajarkan ibu teknik menyusui yang benar seperti posisi pelekatan dan cara menyendawakan bayi setelah menyusu.
Evaluasi: Ibu dapat mempraktikkan teknik menyusui dengan benar.

10. Memberikan edukasi kepada ibu dan keluarga mengenai tanda bahaya pada bayi baru lahir seperti bayi tidak mau menyusu, demam, hipotermi, sesak napas, kejang, kuning sebelum usia 24 jam, dan tali pusat bernanah.
Evaluasi: Ibu dan keluarga memahami tanda bahaya pada bayi baru lahir.
11. Menganjurkan ibu menjaga kebersihan bayi dan mencuci tangan sebelum memegang bayi.
Evaluasi: Ibu bersedia menjaga kebersihan diri dan bayi.
12. Mendokumentasikan seluruh hasil pemeriksaan dan tindakan yang telah dilakukan pada catatan perkembangan bayi baru lahir.
Evaluasi: Dokumentasi telah dilakukan dengan lengkap.

**ASUHAN KEBIDANAN PADA NY. T USIA 34 TAHUN P3A0AH3 NIFAS
HARI KE-1 DENGAN NIFAS NORMAL**

S (SUBJEKTIF)

Tanggal/Jam : 22 April 2026/07.00 wib

1. Identitas

Biodata	Ibu	Suami
Nama	: Ny. T	: Tn. P
Umur	: 34 tahun	: 44 tahun
Pendidikan	: SLTA	: SLTA
Pekerjaan	: IRT	: PNS
Agama	: Islam	: Islam
Suku/ Bangsa	: Jawa/ Indonesia	: Jawa/ Indonesia
Alamat	: Menggungan, Tawang Sari	: Menggungan, Tawang Sari

2. Keluhan utama

Ibu mengatakan merasa nyeri pada luka jahitan jalann lahir

3. Riwayat kehamilan dan persalinan terakhir

Masa kehamilan	: 39 minggu 4 hari
Tanggal dan jam persalinan	: 21 April 2026 jam 22.02 WIB
Tempat persalinan	: Puskesmas Pengasih II
Jenis persalinan	: Spontan/Normal
Komplikasi	: tidak ada komplikasi
Plasenta	: lahir spontan dan lengkap
Perineum	: derajat 2
Lama persalinan	: 1 jam 17 menit

4. Keadaan bayi baru lahir

Lahir tanggal : 21 April 2026 jam 22.02 WIB
Masa gestasi : 39 minggu 4 hari
BB/PB lahir : 3500 gram/ 50 cm.
Nilai APGAR : 1 menit/ 5 menit/ 10 menit: 8 /9/10
Cacat bawaan : Tidak ada cacat bawaan
Rawat Gabung: Ya

5. Riwayat *post partum*

Mobilisasi	: Ibu sudah miring kiri kanan, duduk
Pola makan	: makan 1 kali, 1 piring, Macam: nasi, lauk (ayam), sayur (bayam). Minum 2-3 gelas/hari, Macam: air putih, air teh
Pola tidur	: malam 4 jam
Pola eliminasi	
a. BAB	: belum BAB
b. BAK	: 2 kali/sehari, warna kekuningan
Pola <i>personal hygiene</i> : mandi 1 kali/hari, membersihkan alatewanitaan dengan membasuh dari arah depan ke belakang dengan hati hati karena ada luka jahitan jalan lahir dan dikeringkan dengan tisu, ganti pembalut 1 kali	

Pola menyusui : menyusui setiap 2 jam, menyusui 10-15 menit.

6. Keadaan psiko sosial

- Kelahiran ini: kelahiran ini diinginkan oleh ibu, suami, anak pertama dan keluarga.
- Pengetahuan ibu tentang masa nifas dan perawatan bayi
Ibu mengetahui saat masa nifas harus makan yang banyak dan bergizi, harus sering menyusui bayi, ibu masih memakaikan gurita pada bayi.
- Pengetahuan suami terhadap ASI Eksklusif
Ibu dan suami berencana akan memberikan ASI selama enam bulan dan dilanjutkan hingga anak berusia dua tahun, sama seperti saat anak pertama.
- Tanggapan keluarga terhadap persalinan dan kelahiran bayinya
Suami, anak, dan keluarga merasa senang dengan kelahiran bayinya dan selalu membantu ibu dalam merawat bayinya.

7. Riwayat kehamilan, persalinan dan nifas yang lalu
P3A0Ah3

Ham il ke	Persalinan								Nifas		
	Tangg al Lahir	Umur Kehamilan		Jenis Persal inan	Penolo ng	Komplik asi		Jenis kelam in	BB Lahir	Lakta si	Komplik asi
						Ib u	Bay i				
1.	2014	Aterm	spontan	Bd	ta k	Tak	L	2500/ 48	YA	Tak	
2.	2019	Aterm	spontan	Bd	ta k	Tak	P	2850/ 49	Ya	Tak	
3	2026	Aterm	spontan	Bd	ta k	Tak	P	3500/ 50	Ya	Tak	

8. Riwayat kontrasepsi yang digunakan

N o	Jenis kontrasep si	Mulai Memakai				Berhenti / ganti cara			
		Tangg al	Ole h	Temp at	Keluha n	Tangg al	Ole h	Temp at	Alasa n
1	IUD	2020	Bd	Klinik	Tak	2023	Bd	Klinik	Ingin anak

Rencana kontrasepsi yang akan digunakan: Suntik progesterin.

9. Riwayat Kesehatan

- Ibu mengatakan tidak pernah atau sedang menderita penyakit hipertensi, asma, jantung, DM, TBC, HIV dan hepatitis B.
- Ibu mengatakan keluarga tidak pernah atau sedang menderita penyakit hipertensi, asma, jantung, DM, TBC, HIV dan hepatitis B.

O (OBJEKTIF)

1. PEMERIKSAAN UMUM

- KU : Baik
Kesadaran : Compos Mentis
- Tanda vital :
TD: 112/78 mmHg.

N : 78 kali/menit.
R : 20 kali/menit.
S : 36 °C

2. PEMERIKSAAN FISIK

- a. Wajah: simetris, tidak pucat.
- b. Mata : Konjungtiva merah muda, tidak anemis
- c. Hidung : bersih,tidak ada polip
- d. Mulut : bibir tidak pucat, tidak ada stomatitis, tidak ada gigi berlubang
- e. Telinga :bersih, tidak ada serumen
- f. Leher: tidak ada pembengkakan kelenjar tiroid dan kelenjar limfe.
- g. Payudara: puting menonjol, keluar colustrum
- h. Abdomen: TFU 3 jari bawah pusat, kontraksi baik
- i. Genetalia: ada jahitan jalan lahir, pengeluaran darah nifas merah, (lochea rubra), tidak ada tanda-tanda infeksi.
- j. Ekstermitas: kaki kanan dan kiri oedema, tidak ada varises.

A (ANALISIS)

Ny. T usia 34 tahun P3A0Ah3 Nifas Hari Ke-1 dengan Nifas Normal.

P (PENATALAKSANAAN)

1. Memberitahu ibu dan keluarga hasil pemeriksaan bahwa kondisi ibu dalam keadaan baik, masa nifas hari pertama berlangsung normal, kontraksi uterus baik, dan tidak terdapat tanda bahaya nifas.
Evaluasi: Ibu dan keluarga mengerti kondisi ibu dalam keadaan baik dan normal.
2. Menjelaskan kepada ibu bahwa nyeri pada luka jahitan perineum derajat II merupakan hal fisiologis akibat proses persalinan dan penjahitan jalan lahir.
Evaluasi: Ibu memahami penyebab nyeri pada luka jahitan.
3. Mengajarkan ibu cara mengurangi nyeri luka jahitan dengan menjaga kebersihan daerah genetalia, mengganti pembalut secara teratur, menghindari posisi duduk terlalu lama, dan istirahat cukup.
Evaluasi: Ibu mengerti cara merawat luka jahitan dan bersedia melakukannya.
4. Menganjurkan ibu melakukan mobilisasi dini secara bertahap seperti miring kanan kiri, duduk, berdiri, dan berjalan perlahan untuk membantu memperlancar peredaran darah dan mempercepat pemulihan masa nifas.
Evaluasi: Ibu bersedia melakukan mobilisasi secara bertahap.
5. Memantau tanda vital, kontraksi uterus, tinggi fundus uteri, pengeluaran lochea, dan kondisi perineum untuk mendeteksi adanya komplikasi masa nifas.
Evaluasi: Tanda vital dalam batas normal, kontraksi uterus baik, TFU 3 jari di bawah pusat, lochea rubra normal, dan tidak ada tanda infeksi luka jahitan.

6. Mengajarkan ibu meningkatkan asupan nutrisi dengan makan makanan bergizi seimbang tinggi protein, sayur, buah, serta minum air putih yang cukup untuk membantu pemulihan tubuh dan produksi ASI.
Evaluasi: Ibu bersedia meningkatkan pola makan dan minum.
7. Mengajarkan ibu menyusui bayinya sesering mungkin setiap bayi ingin menyusu tanpa dijadwalkan untuk membantu meningkatkan produksi ASI dan mempercepat involusi uterus.
Evaluasi: Ibu bersedia menyusui sesering mungkin dan bayi menyusu dengan baik.
8. Mengajarkan teknik menyusui yang benar meliputi posisi ibu dan bayi, pelekatan yang baik, serta cara menyendawakan bayi setelah menyusu.
Evaluasi: Ibu dapat mempraktikkan teknik menyusui dengan benar.
9. Memberikan edukasi kepada ibu dan keluarga mengenai tanda bahaya masa nifas seperti perdarahan banyak, demam, nyeri hebat, lochea berbau, payudara bengkak, dan sakit kepala berat.
Evaluasi: Ibu dan keluarga memahami tanda bahaya masa nifas.
10. Memberikan edukasi kepada ibu agar tidak menggunakan gurita terlalu ketat pada bayi karena dapat mengganggu pernapasan dan kenyamanan bayi.
Evaluasi: Ibu mengerti dan bersedia tidak memakaikan gurita terlalu ketat pada bayi.
11. Memberikan konseling mengenai rencana penggunaan kontrasepsi suntik progestin setelah masa nifas sesuai keinginan ibu.
Evaluasi: Ibu memahami penjelasan mengenai kontrasepsi suntik progestin dan berencana menggunakannya.
12. Mengajarkan ibu menjaga personal hygiene dengan mandi secara teratur, membersihkan genetalia dari arah depan ke belakang, serta sering mengganti pembalut untuk mencegah infeksi.
Evaluasi: Ibu bersedia menjaga kebersihan diri dan daerah genetalia.
13. Mendokumentasikan seluruh hasil pemeriksaan, tindakan, dan evaluasi pada catatan perkembangan masa nifas.
Evaluasi: Dokumentasi telah dilakukan dengan lengkap.

ASUHAN KEBIDANAN PADA NEONATUS

BAYI NY. T USIA 7 HARI CUKUP BULAN, SESUAI MASA KEHAMILAN

Pengkajian tanggal: 28 April 2026 / 10.00 WIB

Biodata Bayi

Nama : Bayi Ny.T

Tanggal lahir : 21 April 2026/22.02

Jenis kelamin : Perempuan

Biodata	Ibu	Ayah
Nama	: Ny. T	: Tn. P
Umur	: 34 tahun	: 44 tahun
Pendidikan	: SLTA	: SLTA
Pekerjaan	: IRT	: IRT
Agama	: Islam	: Islam
Suku/ Bangsa	: Jawa/ Indonesia	: Jawa/ Indonesia
Alamat	: Menggungan, Tawang Sari	: Menggungan, Tawang Sari

DATA SUBJEKTIF

4. Riwayat Antenatal

- h. P3A0A3 umur kehamilan 39 minggu 4 hari
- i. Riwayat ANC : Teratur, 12 kali, di bidan, puskesmas, RS
- j. Kenaikan BB : 10,6 kg
- k. Keluhan saat hamil : Mual dan pegal
- l. Penyakit selama hamil : Tidak ada
- m. Kebiasaan makan
Obat/ Jamu : Ibu hanya mengonsumsi vitamin yang diberikan oleh bidan, ibu tidak mengonsumsi jamu
Merokok : Ibu dan suami tidak merokok
- n. Komplikasi
Ibu : Tidak ada
Janin : Tidak ada

5. Riwayat Intranatal

- f. Lahir tanggal : 21 April 2026, jam 22.02 WIB
- g. Jenis persalinan : Spontan/Normal
- h. Penolong : Bidan
- i. Lama persalinan : 1 Jam 17 menit
- j. Komplikasi
Ibu : Tidak ada
Janin : Tidak ada

6. Keadaan bayi baru lahir

Nilai APGAR : 1 menit/ 5 menit/ 10 menit : 8/9/10

No	Penilaian	1 menit	5 menit	10 menit
1	Warna kulit	1	2	2
2	Denyut jantung	2	2	2
3	Reflek	2	2	2
4	Tonus otot	1	1	2
5	Usaha nafas	2	2	2
	Jumlah	8	9	10

Caput succedaneum: Tidak ada

Cephal hematoma : Tidak ada

Cacat bawaan : Tidak ada

DATA OBJEKTIF

1. Pemeriksaan Umum

- Keadaan umum : Baik
- Kesadaran : Composmentis

2. Pemeriksaan Fisik

- kepala: Bersih, rambut hitam, UUB belum menutup
- Muka: Tidak ada tanda sindrom down, tidak pucat, tidak kuning
- Mata: Simetris, bersih
- Telinga: Terdapat daun telinga, simetris
- Hidung: Tidak terdapat nafas cuping
- Mulut: Lembab, bersih
- Leher: Tidak ada pembesaran, tidak ada lipatan tambahan
- Klavikula dan lengan tangan: Tidak terdapat fraktur, dapat fleksi maksimal
- Dada: Tidak terdapat retraksi dinding dada, simetris
- Punggung: Lurus, tidak ada meningokel dan ensephalokel
- Abdomen: Tidak ada pembesaran abdomen, tidak teraba massa
- Genitalia: tampak normal, labia mayora menutupi labia minora, terdapat lubang uretra dan vagina, tidak terdapat kelainan kongenital, tidak ada perdarahan maupun sekret abnormal
- Tungkai dan kaki: Dapat fleksi maksimal
- Anus: Terdapat lubang anus

3. Reflek

- Moro*: Bayi terkejut saat dikagetkan
- Rooting*: Bayi memalingkan kepalanya saat disentuh pipinya
- Graps*: Gerakan jari-jari tangan bayi dapat mencengkram benda-benda yang disentuh ke bayi
- Sucking*: Bayi dapat menghisap ketika menyusui

4. Antropometri

- LK : 34 cm
- LD : 33 cm
- LLA : 11 cm
- Berat lahir : 3500 gram

- e. Panjang badan lahir: 50 cm

ANALISIS

Bayi Ny. T usia 7 hari cukup bulan, sesuai masa kehamilan, normal

PENATALAKSANAAN

Tanggal/Jam : 28 April 2026 / 10.00 WIB

1. Memberitahu ibu dan keluarga hasil pemeriksaan bahwa bayi dalam keadaan normal, cukup bulan, sesuai masa kehamilan, dan pertumbuhan bayi baik.
Evaluasi: Ibu dan keluarga mengerti kondisi bayi dalam keadaan sehat dan normal.
2. Melakukan pemantauan keadaan umum bayi meliputi aktivitas, warna kulit, refleks, dan kemampuan menyusu.
Evaluasi: Bayi tampak aktif, warna kulit kemerahan, refleks baik, dan menyusu kuat.
3. Memantau tanda-tanda bahaya pada neonatus seperti demam, hipotermi, sesak napas, kejang, kuning, muntah berlebihan, dan bayi tidak mau menyusu.
Evaluasi: Tidak ditemukan tanda bahaya pada bayi.
4. Menganjurkan ibu tetap menjaga kehangatan bayi dengan memakaikan pakaian bersih, topi, serta menghindari paparan udara dingin berlebihan.
Evaluasi: Bayi tampak hangat dan ibu bersedia menjaga kehangatan bayi.
5. Menganjurkan ibu memberikan ASI eksklusif sesering mungkin sesuai kebutuhan bayi tanpa dijadwalkan.
Evaluasi: Ibu bersedia memberikan ASI eksklusif dan bayi menyusu dengan baik.
6. Mengajarkan ibu teknik menyusui yang benar meliputi posisi menyusui, pelekatan yang tepat, dan cara menyendawakan bayi setelah menyusu.
Evaluasi: Ibu dapat mempraktikkan teknik menyusui dengan benar.
7. Menganjurkan ibu menjaga kebersihan bayi dan selalu mencuci tangan sebelum memegang bayi.
Evaluasi: Ibu bersedia menjaga kebersihan diri dan bayi.
8. Melakukan pemeriksaan tali pusat dan mengajarkan ibu cara perawatan tali pusat dengan menjaga tetap bersih dan kering tanpa diberi ramuan apa pun.
Evaluasi: Tali pusat tampak bersih, kering, dan tidak ada tanda infeksi.
9. Menganjurkan ibu menjemur bayi pada pagi hari sebelum pukul 09.00 WIB selama 10–15 menit dengan tetap melindungi mata bayi untuk membantu menjaga kesehatan kulit dan membantu mencegah ikterus fisiologis.
Evaluasi: Ibu memahami cara menjemur bayi dengan benar.
10. Memberikan edukasi kepada ibu dan keluarga mengenai tanda bahaya neonatus seperti bayi malas menyusu, demam, hipotermi, kuning sampai telapak tangan dan kaki, kejang, sesak napas, diare, dan tali pusat bernanah.
Evaluasi: Ibu dan keluarga memahami tanda bahaya pada neonatus.
11. Menganjurkan ibu membawa bayi ke fasilitas kesehatan apabila ditemukan tanda bahaya atau keluhan pada bayi.

Evaluasi: Ibu bersedia membawa bayi ke fasilitas kesehatan bila terdapat keluhan.

12. Mengingatkan ibu mengenai jadwal imunisasi dasar bayi sesuai usia.

Evaluasi: Ibu memahami jadwal imunisasi bayi dan bersedia mengikuti jadwal imunisasi.

13. Mendokumentasikan seluruh hasil pemeriksaan, tindakan, dan evaluasi pada catatan perkembangan neonatus.

Evaluasi: Dokumentasi telah dilakukan dengan lengkap.

**ASUHAN KEBIDANAN PADA NY. T USIA 34 TAHUN P3A0AH3
DENGAN SUNTIK DMPA**

S (SUBJEKTIF)

Tanggal/Jam : 25 Mei 2026/09.00 wib

1. Identitas

Biodata	Ibu	Suami
Nama	: Ny. T	: Tn. P
Umur	: 34 tahun	: 44 tahun
Pendidikan	: SLTA	: SLTA
Pekerjaan	: IRT	: PNS
Agama	: Islam	: Islam
Suku/ Bangsa	: Jawa/ Indonesia	: Jawa/ Indonesia
Alamat	: Menggungan, Tawangsari	: Menggungan, Tawangsari

5. Keluhan utama

Ibu mengatakan ingin suntik KB

6. Riwayat kehamilan dan persalinan terakhir

Masa kehamilan	: 39 minggu 4 hari
Tanggal dan jam persalinan	: 21 April 2026 jam 22.02 WIB
Tempat persalinan	: Puskesmas Pengasih II
Jenis persalinan	: Spontan/Normal
Komplikasi	: tidak ada komplikasi
Plasenta	: lahir spontan dan lengkap
Perineum	: derajat 2
Lama persalinan	: 1 jam 17 menit

7. Riwayat bayi baru lahir

Lahir tanggal : 21 April 2026 jam 22.02 WIB
Masa gestasi : 39 minggu 4 hari
BB/PB lahir : 3500 gram/ 50 cm.
Nilai APGAR : 1 menit/ 5 menit/ 10 menit: 8 /9/10
Cacat bawaan : Tidak ada cacat bawaan

6. Riwayat *post partum*

Mobilisasi	: Ibu sudah miring kiri kanan, duduk
Pola makan	: makan 3 kali, 1 piring, Macam: nasi, lauk (ayam, tempe, tahu, ikan), sayur (bayam, katu, kangkung). Minum 9-12 gelas/hari, Macam: air putih, air teh
Pola tidur	: malam 6 jam siang 2 jam
Pola eliminasi	
a. BAB	: 1 kali/hari
b. BAK	: 3 - 4 kali/sehari, warna kekuningan

Pola *personal hygiene*: mandi 1 kali/hari, membersihkan alat kewanitaan dengan membasuh dari arah depan ke belakang dan dikeringkan dengan tisu, ganti pembalut 3-4 kali sehari

Pola menyusui : menyusui setiap 2 jam, menyusui 10-15 menit.

7. Keadaan psiko sosial

Keadaan psikososial ibu nifas baik, ibu tampak senang atas kelahiran bayinya, dapat berinteraksi dengan baik dengan bayi dan keluarga, mendapat dukungan dari suami/keluarga, serta ibu memiliki keinginan untuk menggunakan kontrasepsi (KB) setelah masa nifas

8. Riwayat kehamilan, persalinan dan nifas yang lalu

P3A0Ah3

Ham il ke	Persalinan								Nifas	
	Tangg al Lahir	Umur Kehamilan	Jenis Persal inan	Penolo ng	Komplik asi		Jenis kelam in	BB Lahir	Lakta si	Komplik asi
					Ib u	Bay i				
1.	2014	Aterm	spontan	Bd	ta k	Tak	L	2500/ 48	YA	Tak
2.	2019	Aterm	spontan	Bd	ta k	Tak	P	2850/ 49	Ya	Tak
3	2026	Aterm	spontan	Bd	ta k	Tak	P	3500/ 50	Ya	Tak

9. Riwayat kontrasepsi yang digunakan

N o	Jenis kontrasep si	Mulai Memakai				Berhenti / ganti cara			
		Tangg al	Ole h	Temp at	Keluha n	Tangg al	Ole h	Temp at	Alasa n
1	IUD	2020	Bd	Klinik	Tak	2023	Bd	Klinik	Ingin anak

Rencana kontrasepsi yang akan digunakan: Suntik progesterin.

10. Riwayat Kesehatan

- Ibu mengatakan tidak pernah atau sedang menderita penyakit hipertensi, asma, jantung, DM,TBC, HIV dan hepatitis B.
- Ibu mengatakan keluarga tidak pernah atau sedang menderita penyakit hipertensi, asma, jantung, DM,TBC, HIV dan hepatitis B.

O (OBJEKTIF)

1. PEMERIKSAAN UMUM

- KU : Baik
Kesadaran : Compos Mentis
- Tanda vital :
TD : 110/75 mmHg.
N : 92 kali/menit.
R : 20 kali/menit.
S : 36 °C

2. PEMERIKSAAN FISIK

- Wajah: simetris, tidak pucat.

- b. Mata : Konjungtiva merah muda, tidak anemis
- c. Hidung : bersih, tidak ada polip
- d. Mulut : bibir tidak pucat, tidak ada stomatitis, tidak ada gigi berlubang
- e. Telinga : bersih, tidak ada serumen
- f. Leher: tidak ada pembengkakan kelenjar tiroid dan kelenjar limfe.
- g. Payudara: puting menonjol, keluar ASI
- h. Abdomen: tidak ada bekas luka
- i. Genitalia: tidak ada odeme, tidak ada varises
- j. Ekstermitas: kaki kanan dan kiri oedema, tidak ada varises.

A (ANALISIS)

Ny. T usia 34 tahun P3A0Ah3 dengan Suntik DMPA

P (PENATALAKSANAAN)

1. Memberitahu ibu hasil pemeriksaan bahwa kondisi umum ibu baik dan tidak ditemukan kontraindikasi untuk penggunaan kontrasepsi suntik DMPA.
Evaluasi: Ibu mengerti hasil pemeriksaan dan kondisinya dalam keadaan baik.
2. Memberikan konseling mengenai kontrasepsi suntik DMPA meliputi cara kerja, efektivitas, keuntungan, efek samping, serta jadwal kunjungan ulang.
Evaluasi: Ibu memahami penjelasan tentang KB suntik DMPA.
3. Menjelaskan keuntungan penggunaan suntik DMPA seperti efektif mencegah kehamilan, praktis, aman untuk ibu menyusui, dan tidak mengganggu produksi ASI.
Evaluasi: Ibu memahami manfaat penggunaan KB suntik DMPA.
4. Menjelaskan kemungkinan efek samping suntik DMPA seperti gangguan pola haid, peningkatan berat badan, sakit kepala ringan, atau amenorea.
Evaluasi: Ibu memahami kemungkinan efek samping yang dapat terjadi.
5. Memastikan ibu telah memilih kontrasepsi secara sukarela dan mendapatkan informed consent sebelum tindakan dilakukan.
Evaluasi: Ibu bersedia menggunakan kontrasepsi suntik DMPA dan menyetujui tindakan.
6. Menyiapkan alat dan bahan untuk penyuntikan dengan teknik aseptik.
Evaluasi: Alat dan bahan telah siap digunakan dalam keadaan steril.
7. Memberikan suntikan DMPA 150 mg secara intramuskular pada daerah bokong atau paha sesuai prosedur.
Evaluasi: Suntikan DMPA telah diberikan dan ibu tidak mengalami reaksi segera setelah penyuntikan.
8. Menganjurkan ibu untuk tidak memijat area suntikan setelah penyuntikan agar obat dapat terserap dengan baik.
Evaluasi: Ibu memahami dan bersedia mengikuti anjuran.

9. Menganjurkan ibu tetap memberikan ASI eksklusif dan menjaga pola makan bergizi seimbang selama menggunakan kontrasepsi suntik.
Evaluasi: Ibu bersedia mempertahankan ASI eksklusif dan menjaga pola makan.
10. Memberikan edukasi kepada ibu untuk segera datang ke fasilitas kesehatan apabila mengalami keluhan seperti perdarahan banyak, nyeri hebat, sesak napas, atau reaksi alergi setelah penyuntikan.
Evaluasi: Ibu memahami tanda bahaya dan bersedia datang ke fasilitas kesehatan bila terdapat keluhan.
11. Memberitahu jadwal kunjungan ulang suntik DMPA yaitu setiap 3 bulan sekali.
Evaluasi: Ibu memahami jadwal kunjungan ulang KB suntik.
12. Mendokumentasikan hasil pemeriksaan, tindakan penyuntikan, nomor batch obat, tanggal pemberian, dan jadwal kunjungan ulang pada catatan pelayanan KB.
Evaluasi: Dokumentasi telah dilakukan dengan lengkap.

Lampiran 2 Informed Consent

INFORMED CONSENT (SURAT PERSETUJUAN)

Yang bertanda tangan di bawah ini:

Nama : Ny. T
Tempat/Tanggal Lahir : Kunen Progo / 1.09.1992
Alamat : Menggunan, Tawangsan, Pengasih

Bersama ini menyatakan kesediaan sebagai subjek dalam praktik *Continuity of Care (COC)* pada mahasiswa Prodi Pendidikan Profesi Bidan T.A. 2023/2024. Saya telah menerima penjelasan sebagai berikut:

1. Setiap tindakan yang dipilih bertujuan untuk memberikan asuhan kebidanan dalam rangka meningkatkan dan mempertahankan kesehatan fisik, mental ibu dan bayi. Namun demikian, setiap tindakan mempunyai risiko, baik yang telah diduga maupun yang tidak diduga sebelumnya.
2. Pemberi asuhan telah menjelaskan bahwa ia akan berusaha sebaik mungkin untuk melakukan asuhan kebidanan dan menghindarkan kemungkinan terjadinya risiko agar diperoleh hasil yang optimal.
3. Semua penjelasan tersebut di atas sudah saya pahami dan dijelaskan dengan kalimat yang jelas, sehingga saya mengerti arti asuhan dan tindakan yang diberikan kepada saya. Dengan demikian terdapat kesepahaman antara pasien dan pemberi asuhan untuk mencegah timbulnya masalah hukum di kemudian hari.

Demikian surat persetujuan ini saya buat tanpa paksaan dari pihak manapun dan agar dipergunakan sebagaimana mestinya.

Yogyakarta, 15 April 2024.....

Mahasiswa

Klien


Ike Irawati


Ny. T

Lampiran 3 Surat Keterangan Telah Menyelesaikan COC

SURAT KETERANGAN

Yang bertanda tangan di bawah ini:

Nama Pembimbing Klinik : Agussina Retno Yulianti, Amd.Keb
Instansi : Puskesmas/PMB Pengasih II

Dengan ini menerangkan bahwa:

Nama Mahasiswa : Ike Irawati
NIM : PH243125052
Prodi : Pendidikan Profesi Bidan
Jurusan : Kebidanan Poltekkes Kemenkes Yogyakarta

Telah selesai melakukan asuhan kebidanan berkesinambungan dalam rangkapraktik kebidanan holistik *Continuity of Care (COC)*

Asuhan dilaksanakan pada tanggal 23/2/2026 sampai dengan 24/2/2026

Judul asuhan: Asuhan Berkesinambungan Pada NCT... umur 34 tahun
G3P2A0A1 di Puskesmas Pengasih II Kunun Progo

Demikian surat keterangan ini dibuat dengan sesungguhnya untuk dipergunakan sebagaimana mestinya.

Yogyakarta, 23 Februari 2026

Bidan (Pembimbing Klinik)



Lampiran 4 Dokumentasi









RESEARCH

Open Access



Pregnant women's perception of midwifery-led continuity care model in Ethiopia: a qualitative study

Ayenew Mose^{1*}, Yohannes Fikadu¹, Amare Zewdie², Kassahun Haile³, Solomon Shitu¹, Abebaw Wasie Kasahun² and Keyredin Nuriye¹

Abstract

Background A Midwifery-led continuity care (MLCC) model is the provision of care by a known midwife (*caseload model*) or a team of midwives (*team midwifery model*) for women throughout the antenatal, intrapartum, and postnatal period. Evidence shows that a MLCC model becomes the first choice for women and improves maternal and neonatal health outcomes. Despite this, little is known about pregnant women's perception of the MLCC model in Ethiopia. Therefore, this study aimed to explore pregnant women's perception and experience of a MLCC model in Ethiopia.

Methods A qualitative study was conducted in Gurage zone public hospital, Southwest Ethiopia, from May 1st to 15th, 2022. Three focused group discussions and eight in-depth interviews were conducted among pregnant women who were selected using a purposive sampling method. Data were first transcribed and then translated from Amharic (local language) to English. Finally, the thematic analysis technique using open code software was used for analysis.

Results Thematic analysis revealed that women want a continuity of care model. Four themes emerged. Three were specific to women's improved care. That is, (1) improved continuum of care, (2) improved woman-centred care, and (3) improved satisfaction of care. Theme four (4), barrier to implementation, was concerned with possible barriers to implementation of the model.

Conclusion The finding of this study shows that pregnant women had positive experiences and showed a willingness to receive midwifery-led continuity care. Woman-centred care, improved satisfaction of care, and continuum of care were identified as the main themes. Therefore, it is reasonable to adopt and implement midwifery-led continuity care for low-risk pregnant women in Ethiopia.

Keywords Pregnant women, Perception, Experience, Midwifery-led continuity care, Qualitative study, Ethiopia

Background

The World Health Organization (WHO) and the International Confederation of Midwives (ICMs) recommended the midwifery-led continuity care (MLCC) model to scale up quality midwifery care practice [1, 2]. A Midwifery-led continuity care model is the provision of care by a known midwife (*caseload model*) or a team of midwives (*team midwifery model*) for pregnant women throughout the antenatal, intrapartum, and postnatal period [3].

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A Midwifery-led continuity care includes continuity of care throughout the childbearing cycle, provision of woman-centred care, and reducing unnecessary medical interventions. A Midwifery-led continuity care model is based on the premise that pregnancy is a normal physiologic process. It is provided in a multidisciplinary network of consultation such as identifying and referring women who require obstetric or other specialist attention [4, 5].

A recent Cochrane review conducted in 2016 showed that the MLCC model reduces the rate of pre-term birth by 24%, neonatal death/ infant death by 19%, regional analgesia by 15%, instrumental birth by 10%, episiotomy by 16%, and increases the rate of spontaneous vaginal birth by 5%. Furthermore, MLCC is cost-efficient, enhances the duration of exclusive breastfeeding, and women's satisfaction [6, 7]. Therefore, many women value the MLCC model and it becomes their first choice [8]. Despite this, little is known about MLCC in low and middle-income countries including Ethiopia [3, 9].

Globally, 295 000 women died from preventable causes related to pregnancy and childbirth complications in 2017. Of this, 94% occurred in low and middle-income countries [10]. Ethiopia shared the highest burden of maternal and neonatal mortality, with 412 per 100,000 live births and 30 per 1000 live births respectively [11, 12]. A strategy to reduce this burden is largely requested to achieve the 2030 SDGs [13]. In Ethiopia, maternity care is affected by fragmentation in the patient care process, and unnecessary medical intervention. Fragmentation of care results in pregnant women interfacing with many healthcare professionals during their pregnancy, childbirth, and postpartum period [14].

Evidence demonstrates that midwives have shown a willingness to participate in the implementation of the MLCC model in Ethiopia [14, 15]. However, pregnant women's perception and experience of midwifery-led continuity care is not studied in Ethiopia. Therefore, this study aimed to explore the perception and experience of pregnant women towards midwifery-led continuity care in Ethiopia. The finding of this study is vital for maternal and child health policymakers, hospitals, and stakeholders to design further strategies for upgrading quality midwifery care.

Method and materials

Study area and period

This study was conducted in Gurage Zone public hospital. Gurage Zone is located in the southern part of Ethiopia and is found 153 km southwest of Addis Ababa, the capital city of Ethiopia. It has 15 districts and Wolkite town is the administrative centre of the Zone. According to the Central Statistical Agency of Ethiopia in 2007, this

zone has a total population of 1 279 646, of whom 622 078 are men and 657 568 are women. The total population of the Gurage zone was projected to be 6.5 million. Gurage zone has a total of 6 hospitals, 72 health centres, and 402 health posts. The study was conducted at Wolkite University Specialized Hospital and Atat hospital which is a service institution of the Catholic Church in Ethiopia. Atat hospital is located about 175 km southwest of the capital, Addis Ababa. The study was conducted from May 1st to 15th, 2022.

Study approach and selection of study participants

A qualitative study approach was employed to assess the perception and experience of pregnant women regarding midwifery-led continuity care. A purposive sampling method was used to recruit study participants. Eight pregnant women who were present at the hospital during the data collection period were included in in-depth interviews. Twenty-three pregnant women (7, 8, and 8 in each group) were included in the focus group discussion. A midwife who works in the antenatal clinic provided information about the proposed study objective to pregnant women. For FGDs recruitments, we tried to create FGDs with pregnant women who had similar characteristics such as age, gravidity, and educational background. A midwife then invited women to participate in this study. The following questions were used as a guide; (1) what is your experience and perception of maternity care in this hospital? (2) Could you please elaborate particularly related to continuum of care (i.e. antenatal follow-up, childbirth and postnatal care service provision)? (3) How do you see receiving healthcare service by one or a team of healthcare professionals particularly (midwives) from pregnancy follow-up up to the postpartum period? (4) Could you tell me more about the advantages and disadvantages of receiving healthcare by one or a team of healthcare professionals? (5) What are the barriers and facilitates of developing and implementing midwifery-led continuity care in this hospital?

Overall, 33 pregnant women were invited to participate in this study. Of this, a total of 31 pregnant women ($n = 23$ FGD and $n = 8$ in-depth interviews) were included with a response rate of 94%. The mean age of study participants was 29.2 ($\pm$ SD = 4.2) years. Less than half of the participants achieved a secondary level education and half of them were government employees. Regarding gravidity and parity, 4 out of 31 were primigravida and 27 out of 31 were multiparous (Table 1).

Data collection procedure

The data were collected through face-to-face in-depth interviews and Focus Group Discussions (FGDs) using a semi-structured guide. The data were recorded using a

Table 1 Socio-demographic characteristics of study participants in Gurage Zone Hospitals, southwest Ethiopia

Variables	Categories	Frequency	Percentage (%)
Age	20–25	8	25.8
	26–30	19	61.3
	31–40	4	12.9
Educational level	No formal education	4	12.9
	Primary	11	35.5
	Secondary	13	41.9
	College and above	3	9.7
Occupation	Housewife	5	16.2
	Government employee	16	51.6
	Daily labourer	10	32.2
	Primigravida	4	12.9
Gravidity	Multigravida	27	87.1
	Primiparous	4	12.9
Parity	Multiparous	27	87.1

voice recorder and notes were taken by the investigators. The interviews took from a minimum of 30 min to a maximum of 45 min. The in-depth interview was conducted in a place that was convenient for participants, and where minimum sound disturbance occurred. The interview guide was prepared in English language and translated into Amharic (the local language). To ensure the quality of the data, the guides were reviewed by experts, and a pre-test was done to ensure the flow of the questions and cultural sensitiveness. The principal investigator conducted the in-depth interviews. The data collectors had experience in qualitative research data collection and analysis.

Three FGDs with 7, 8, and 8 pregnant women were conducted to explore the group view as well as their perception and experience of midwifery-led continuity care. The FGDs were conducted in a calm room with minimum sound disturbance and lasted 50 min to one hour. All the FGDs were audiotaped and notes were taken by the authors. The investigators also used simple language and descriptions in conducting the interview.

Data analysis

Open code version 4.3.1 software of qualitative data analysis for coding and analysis was used. Braun and Clark's method of thematic analysis was used in the data analysis. Accordingly, we followed six steps of Braun and Clark's method of thematic analysis. The first step was familiarisation of the data through repeated and active reading of the data set. The next step involves generating initial codes, which helps to organize data at a specific level. The third step is searching for themes through

an examination of the coded and collected data extracts. Fourth step includes reviewing of themes to ascertain that each coded data fits properly. The fifth step involves defining and naming each theme and finally, writing up the final analysis and description of findings [16]. The overall process of data analysis used an inductive approach. All audiotaped data from in-depth interviews, FGDs, and field notes were independently transcribed verbatim to Amharic (the local language) after repeatedly listening to the records and then translated into the English language. The translated transcription documents were imported into Open code version 4.3.1 software. After repeatedly reading the transcribed document, the investigators coded and categorized the data into themes and sub-themes. Central themes were constructed based on the natural meaning of the categories. The investigators cross-checked the themes, that emerged after analysis, with the respective quotes of the themes. The findings were reported by a detailed description and interpretation of the meanings of the themes. Direct quotes from the participants were also included in the write-up of the findings to provide clear images for readers.

Results

The findings that emerged from the data analysis of the focused group discussions and in-depth interviews were four themes and nine subthemes (Table 2).

Pregnant women experience and perception of MLCC

In this section, we discussed pregnant women's perceptions and experiences of midwifery-led care. Three themes emerged. These are improved continuum of care, improved women-centred care, and improved satisfaction of care. We described each subtheme in detail.

Theme 1. Improved continuum of care

Subtheme 1.1. Improved antenatal care visits

The midwifery-led continuity of care is care given to pregnant women during the antenatal, intrapartum, and postnatal period by a primary known midwife or a team of midwives [17]. In this study, the majority of pregnant women stated that receiving all antenatal care visits, delivery, and postnatal service from the same caregiver (midwives) would ensure continuity of information and care.

"I am reached now 9 months. I have received my pregnancy follow-up from the same midwife. She (the midwife) advised me to give birth in a hospital and not to miss my appointment, and she thought me about the merits of giving birth at a health facility and the demerits of giving birth at home. Additionally, she treats me with respect and dignity." (ID1, PW 1)

Table 2 Topics, theme, and subtheme identified in the data analysis

Topic	Theme	Subtheme
Pregnant women experience and perception of midwifery-led continuity care	1. Improved continuum of care	1.1. Improved antenatal care visit 1.2. Enhance rate of institutional birth and postnatal care follow up
	2. Improved woman-centred care	2.1. Improved women's awareness about changes during pregnancy 2.2. Improved maternal healthcare seeking behaviour 2.3. Build trustful woman-midwife relationships
	3. Improved satisfaction of care	3.1. Satisfaction during pregnancy period
Barriers of implementing midwifery-led continuity care model	1. Healthcare workers skills, knowledge, and availability	1.1. Availability of allocated midwives
		1.2. Occurrences of disagreement between midwives and woman
		1.3. Difference in level of healthcare workers knowledge

Another study participant stated that receiving care from many healthcare workers in one room was stressful and uncomfortable.

"...For instance, during my antenatal care visit, there were more than six healthcare workers in one room. Someone asked about my history and took my vital sign, other one did an abdominal examination and requested lab investigations. In those movements, I felt anxious, uncomfortable, and stressed" (IDI, PW 5)

Subtheme 1.2. Enhance the rate of institutional birth and postnatal care follow up

According to the 2019 Ethiopian Mini Demographic Health Survey, the rate of institutional birth was low (48%) [12]. Therefore, enhancing institutional birth is crucial to reducing home birth-associated maternal and newborn mortality. The finding of this study showed that midwifery-led continuity care might enhance the rate of institutional birth and postnatal care follow-up. Some of the study participants did not have a positive attitude towards healthcare workers, particularly those who work in the labour and delivery unit.

"I have heard that sometimes the healthcare workers disrespect and abuse during childbirth. And I believe that as long as I am healthy, why do I come to the hospital? However, the health extension workers advised me to start a follow-up. The care I received here is beyond my expectation. They (midwives) received me warmly and provide health education about preparation for childbirth and the possible complications. I have decided to give my birth here. Even I will inform women who had a negative attitude towards midwives" (IDI, PW 3)

Theme 2. Improved woman-centred care

Woman-centred care focuses on the women's unique needs, expectations, and aspirations; recognizes her right to self-determination in terms of choice, control, and continuity of care; and addresses her social, emotional, physical, psychological, spiritual, and cultural needs and expectations [18]. The midwife-woman relationships are central to the provision of woman-centred care. The result of this study showed that the majority of women revealed that receiving care from the same healthcare workers in antenatal care improved women's awareness, and healthcare-seeking behaviour, and build a friendly midwife-woman relationship.

Sub theme 2.1. Enhance women's awareness of changes due to pregnancy

The finding of this study revealed that receiving care from the same healthcare providers encourage women to ask about any changes during pregnancy and further helps them to have more awareness about the changes that occurred during pregnancy.

"The healthcare workers have sent me to the maternity waiting home. I have spent more than days here; however, no healthcare worker explains the reason to stay here for such a long time. I am depressed here. Even we don't know who is responsible for us. Receiving care from an individual midwife would be better because we will build a friendly relationship and have the confidence to ask for further information about the reason why we stay here, the changes during pregnancy, the health of my foetus, and the next care I will receive" (FGD, PW)

Subtheme 2.2. Improved maternal healthcare seeking behaviour

Maternal and neonatal mortality is unacceptably high in Ethiopia. The three-delays model proposes that maternal mortality is associated with delays in deciding to seek care, reaching the healthcare facility, and receiving care [19]. The finding of this study showed that receiving care from a known and trusted midwife would improve women's healthcare-seeking behaviour and at least reduce delays in deciding to seek care.

"She (midwife) advised me to come to the hospital in the case of rupture of amniotic fluid, decreased foetal movement, and headache. I felt I had developed a headache, and following her counsel I am here for check up." (FGD, PW)

Subtheme 2.3. Build trustful woman-midwife relationships

It is crucial that the relationship between a midwife and a woman is essential for a positive experience for women during the childbirth period. On the contrary, if the relationship is worsened women might experience bad obstetric outcomes. Therefore, the study participants revealed that midwifery-led continuity care could empower women to feel involved in decision-making and exercise choices.

"...Receiving care from the same health caregiver is comfortable. The same healthcare worker (midwife) can easily understand, and we will build trust and friendship. That in turn, helps us to avoid the fear of asking further information and enable us to be involved in the decision-making process." (FGD, PW)

On the other hand, midwifery-led continuity care builds trust between the midwife and the pregnant woman, increasing the woman's confidence in her ability to birth and reducing her fear. The experience of pregnancy, especially in the early stages, differs for women. The stability of women's relationships and social environment will influence her experience.

"During my early antenatal care visit, I have been seen by the same midwife. Thus, we became friendly, and I told her all of my history. Later on, on my forth visit, a midwife I know was not available and I felt uncomfortable. I will be grateful if I received all my maternity care from a known and trusted midwife." (FGD, PW)

This finding demonstrated that receiving care from the same healthcare worker improves consistency of information, enabling women to have and increased sense of choice about their antenatal care, childbirth,

and postnatal care with a focus on enabling them to labour and birth with minimal medical intervention. For instance, one study participant stated that she has a known doctor for their previous birth and she feels empowered and has a good relationship with her doctor.

"I have given birth 3 times at Attat hospital. I am pregnant now four times. In all my previous obstetric history I have received from the same healthcare workers (doctor). She (the doctor) knows everything about my health. Having known healthcare worker is wonderful in all aspects of pregnancy care." (FGD, PW)

Theme 3. Improved satisfaction of care

Subtheme 3.1. Satisfaction during the pregnancy period

In this subtheme, study participants highlighted midwife counselling regarding daily intake of iron and folic acid supplementation, avoidance of unsubscribed drug intake during the early phase of pregnancy, and unnecessary medical interventions increased their satisfaction of care provided.

"The health education I received in antenatal care class empowered me to make decisions during the entire period of my pregnancy. A midwife informs me to avoid unnecessary intakes of drugs, to take iron and folic acid supplementation, including immunization, and to avoid unnecessary medical interventions. She (midwife) also told me all the danger signals that occurred during pregnancy and to prepare myself financially, and to decide where to give birth. I am satisfied with all the care I have received from the healthcare workers." (FGD, PW)

Other study participants stated that healthcare workers' counselling helped them to alleviate some minor disorders during their pregnancy.

"I have experienced nausea and vomiting around 8 months of my pregnancy. He (the midwife) advised me to take hard foods frequently and to use large pillows during the night time. That helped me a lot." (IDI, PW 8)

Barriers of implementing midwifery-led continuity care

Theme 1. Healthcare workers skills, knowledge, and availability

Subtheme 1.1. Unavailability of allocated midwives Study participants mentioned that there are three major barriers to adopting, developing, and implementing midwifery-led continuity care. The first might be the unavailability of allocated midwives due to

different reasons such as holidays and transfers to other institutions.

"Currently, I am near to giving birth. For my next pregnancy, I will choose a known midwife. However, a midwife who is responsible to provide the entire care for me might be absent from the hospital due to different unforeseen reasons. In that case, I might face challenges." (IDI, PW 6)

Subtheme 1.2. Disagreement between midwives and pregnant women Some of the study participants mentioned that there are different behaviours and personalities of healthcare workers. Study participants mentioned that they might encounter difficulties in case of disagreement or not having a good relationship between the midwife and pregnant woman.

"...For instance, previously, I followed my pregnancy in a private clinic. There, I smiled, unfortunately. However, the doctor mistreated me. Immediately, I decided to change my follow-up clinic and come to this hospital. A midwife is welcoming and friendly. She (midwife) is a good listener. Sometimes, it might be difficult to continue the entire journey of pregnancy with the same midwife in the case of disagreement like I encountered with the one who works in a private clinic." (IDI, PW 4)

Subtheme 1.3. Differences in the level of healthcare workers knowledge A handful of study participants stated that they prefer to receive care from different healthcare providers as there are variations in the level of knowledge and skill between healthcare providers.

"I prefer to receive care from different healthcare providers (midwife and doctors). Because each healthcare provider has a different level of knowledge, skill, and empathy. For example, some healthcare workers have good knowledge while others might have poor knowledge and character. That might affect me from receiving adequate and quality healthcare service." (FGD, PW)

Discussion

The current qualitative study aimed to explore pregnant women's perceptions and experience of midwifery-led continuity care in Ethiopia. The finding of this study revealed that the majority of women have positive views towards developing, introducing, and implementing midwifery-led continuity care. Maternal and infant mortality

and mortality rate were high in Ethiopia. Thus, Ethiopia should adopt and implement MLCC Model to enhance the rate of completion of continuum of care including antenatal care, skilled birth attendant, and postnatal follow-up [19].

This study showed that the majority of pregnant women want to have a model of care that can ensure adequate and individualised health counselling and promotion during their antenatal visits which enhances their awareness regarding changes during pregnancy and reduces their fear of childbirth. The finding is in line with a study conducted in Iran indicated that midwife-led care in antenatal clinics improved women's self-efficacy, the ability of decision-making process, and coping ability during pregnancy [20]. Similar studies showed that midwifery-led care reduces women's fear of birth and postpartum depression, and it also promotes exclusive breastfeeding [21, 22]. The possible explanation might be receiving care from a known midwife might enhance women's confidence and trust in midwives [23].

Our study shows that women who had the experience of receiving care from a known midwife had reduced fear of asking questions and more importantly reduced worries and stress. The finding is in line with two studies conducted in Sweden indicating that a known midwife can make a difference in women's positive childbirth experience [24, 25]. A possible explanation might be that, a positive woman-midwife relationship positively affects the woman's childbirth experience.

The finding of this study showed that receiving care from similar healthcare workers improves woman centred care and builds a trusting woman-midwife relationship. Similar findings were reported in Ireland and Scotland which showed that midwifery-led care is seen as one important strategy for enhancing women's choice, decision-making, and sense of involvement in the care process [26, 27]. The possible justification might be known midwives easily recognized women's social, emotional, physical, spiritual, and cultural needs. Therefore, midwifery-led care can improve woman-centred care including the needs of the baby, the woman's family, and the community.

In this study, according to women's experiences, midwife health service provision in an antenatal class increased women's satisfaction. The finding is in agreement with studies conducted in the Royal Women's Hospital, Australia which showed that women who had received midwifery-led care had a higher rate of satisfaction and positive experience with their antenatal care follow-up, intrapartum care, and postpartum care [28, 29]. Similarly, studies conducted in Pakistan and China reported the women were satisfied with midwifery-led care [30, 31]. A possible justification for

this finding might be that receiving care from a known midwife can reduce waiting time in the clinic; enhance the emotional support for women, thus increasing satisfaction with care. In addition, midwifery-led care addresses the individual woman's needs like allowing a championship, giving sufficient time for questions, and perinatal counselling on a wide range of issues including labour pain, help with breastfeeding, and post-labour recovery [4, 17].

This study also identified the possible barriers to adopting and implementing midwifery-led continuity care. The absence of an allocated midwife during childbirth emerged as a barrier to developing, adopting, and implementing midwifery-led continuity care. The finding is in line with a study conducted at Bradford Teaching Hospital, England [32]. The possible explanation might be pregnant women might develop fear, stress, and anxiety during the absences of their known midwife. Nevertheless, the model allows a backup midwife who replaces those midwives who are not available at the workplace due to various reasons [4].

Moreover, the occurrence of differences in opinions and /or preferred care options between the allocated midwife and woman can be a barrier. The absence of adequate healthcare workers (midwives) for pregnant women is also mentioned as a barrier to implementing midwifery-led maternity service. The finding is in agreement with a study conducted in a Swiss university hospital [33]. The possible justification might be due to the shortage of midwives in Ethiopia which might pose a serious obstacle to implementing this midwifery-led continuity care.

Strength and limitation of the study

To our knowledge, this is the first qualitative study conducted in the Ethiopian context to understand women's perception and experience towards midwifery-led continuity care throughout the antenatal, childbirth, and post-partum period. We identified positive views of pregnant women on the development of the midwifery-led unit. This study also identified the possible barriers to adopting and implementing midwifery-led units in Ethiopia which give insight to stakeholders and policymakers. However, this study has limitations. This study did not include obstetricians, healthcare workers, and stakeholders' views on the development of midwifery-led continuity care. In addition, data were translated from Amharic language to English language. While English language experts supported the authors to minimize the bias, some meaning may have been lost in translation. Moreover, our findings cannot be generalized due to the small number of participants.

Conclusion and recommendation

Evidence demonstrates that midwife-led models of maternity care reduce maternal morbidity and mortality. Research also supports midwife-led continuity care models for low-risk pregnant mothers. While maternal mortality and morbidity rates are of concern in Ethiopia, there are limited midwifery-led models of maternity care. Additionally, there is scarce understanding of women's perceptions of midwife-led care and or the barriers to implementing such a model. Findings from the current study revealed that the majority of participating pregnant women are willing to receive care from a known midwife or team of midwives. It is reasonable therefore, to develop and implement midwifery-led practice for low-risk pregnant mothers in Ethiopia. The barriers to implementation of such a model should be examined however, to facilitate a change of practice in a safe and sustainable means, and improve maternal health outcomes in Ethiopia. The government should support a larger study to explore the possible barriers to implementing a midwifery-led continuity care model across different settings. Based on the findings from this study, we can conclude that women had positive views on the development of a midwifery-led continuum of care in our setting.

Abbreviations

ANC	Antenatal Care
WHO	World Health Organization
ICOM	International Confederation of Midwife
MLCC	Midwifery-Led Continuity Care
PW	Pregnant Women
FGD	Focused Group Discussion
IDI	In-depth Interview

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Authors' contributions

All authors (AM, YF, AZ, SS, RH, AK, and KO) made a significant contribution to the work reported, whether that is in the conception, study design, execution, acquisition of data, analysis and interpretation, or in all these areas. Each part in drafting, revising or critically reviewing the article, gave final approval of the version to be published, have agreed on the journal to which the article has been submitted, and agree to be accountable for all aspects of the work.

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Availability of data and materials

All data generated or analyzed during this study are included in this published article.

Declarations

Ethics approval and consent to participate

This study was conducted in accordance with the Declaration of Helsinki. Ethical approval was obtained from Wolite University, College of Medicine and Health science ethical review board of CMHS/014/2022. Then after, official letters were submitted to the Gurage Zone health office. Finally, a letter was written to Wolite University Specialized Hospital and Atan hospital. The study

objective was clearly explained to the study participants. Later on, informed written and signed consent was obtained from each study participant prior to the data collection process proceeded. Moreover, study participants were informed of their voices were recorded using audio recorder, the time the interview will take, and that they reserve a right to withdraw from the study at any time and there will be no direct benefit from participation. Confidentiality was assured about the identity and other personal information of all interviewees.

Consent for publication

Not applicable

Competing of interests

The authors declare no competing interests.

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