

**PROGRAM STUDI PENDIDIKAN PROFESI BIDAN  
FAKULTAS KEBIDANAN INSTITUT KESEHATAN PAYUNG NEGERI  
PEKANBARU**

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**Asuhan Kebidanan Berkesinambungan pada Ny. S dengan Senam Nifas sebagai  
Pemulihan Pasca Persalinan di PMB Nila Trisnawati**

**xi + 90 Halaman + 2 Tabel + 2 Gambar + 9 Lampiran**

**ABSTRAK**

Masa nifas merupakan masa setelah persalinan yang dimulai sejak lahirnya plasenta hingga enam minggu (42 hari), di mana tubuh ibu mengalami proses pemulihan fisiologis, termasuk involusi uteri. Salah satu upaya nonfarmakologis yang dapat mendukung pemulihan pasca persalinan adalah senam nifas. Tujuan studi berbasis bukti ini adalah mengevaluasi efektivitas senam nifas sebagai pemulihan pasca persalinan pada ibu nifas. Karya ilmiah ini menerapkan asuhan kebidanan berkesinambungan mulai dari masa kehamilan trimester III, persalinan, bayi baru lahir, masa nifas, hingga pelayanan keluarga berencana dengan fokus pada penerapan *Evidence-Based Midwifery* (EBM) berupa senam nifas. Asuhan dilaksanakan di PMB Nila Trisnawati pada bulan Februari 2025 sampai April 2026. Indikator keberhasilan diukur menggunakan lembar observasi involusi uteri, *Numeric Rating Scale* (NRS) untuk mengukur intensitas nyeri, serta kuesioner tingkat kenyamanan fisik ibu nifas sebelum dan sesudah intervensi. Analisis data dilakukan secara deskriptif untuk menggambarkan hasil pelaksanaan intervensi. Hasil asuhan kebidanan berkesinambungan pada Ny. S menunjukkan seluruh proses asuhan berjalan normal tanpa komplikasi. Setelah pemberian senam nifas selama tujuh hari, involusi uteri berlangsung sesuai fisiologis, intensitas nyeri menurun dari skor 4 menjadi skor 1, serta tingkat kenyamanan fisik meningkat dari skor 31 (cukup nyaman) menjadi 47 (sangat nyaman). Dengan demikian, senam nifas terbukti efektif sebagai intervensi nonfarmakologis dalam mendukung pemulihan pasca persalinan melalui percepatan involusi uteri, penurunan intensitas nyeri, dan peningkatan kenyamanan fisik ibu nifas.

**Kata Kunci :** Asuhan Berkesinambungan, Senam Nifas, Masa Nifas, Pemulihan Pasca Persalinan.

**MIDWIFERY PROFESSIONAL EDUCATION PROGRAM FACULTY OF  
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**Continuity of Midwifery Care for Mrs. S with Postpartum Exercise as an  
Intervention for Postpartum Recovery at PMB Nila Trisnawati**

**xi + 90 Pages + 2 Tables + 2 Pictures + 9 Attachments**

**ABSTRACT**

The postpartum period is the period following childbirth, beginning with the delivery of the placenta and lasting for six weeks (42 days), during which the mother's body undergoes physiological recovery processes, including uterine involution. One non-pharmacological intervention that can support postpartum recovery is postpartum exercise. This evidence-based study aimed to evaluate the effectiveness of postpartum exercise in supporting postpartum recovery among postpartum women. This scientific paper applied continuous midwifery care from the third trimester of pregnancy, childbirth, newborn care, the postpartum period, through family planning services, with a focus on the implementation of Evidence-Based Midwifery (EBM) in the form of postpartum exercise. The care was provided at PMB Nila Trisnawati from February 2025 to April 2026. The success indicators were assessed using a uterine involution observation sheet, the Numeric Rating Scale (NRS) to measure pain intensity, and a questionnaire assessing the level of physical comfort before and after the intervention. Data were analyzed descriptively to describe the results of the intervention. The results of continuous midwifery care provided to Mrs. S showed that the entire care process proceeded normally without complications. After seven intensity decreased from a score of 4 to 1, and the level of physical comfort increased from a score of 31 (moderately comfortable) to 47 (very comfortable). Therefore, postpartum exercise was effective as a non-pharmacological intervention in supporting postpartum recovery through physiological uterine involution, reduction in pain intensity, and improvement in the physical comfort of postpartum women.

**Keywords:** Continuous Midwifery Care, Postpartum Exercise, Postpartum Period, Postpartum Recovery.