

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

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Asuhan Kebidanan Berkesinambungan Pada By Ny. H Dengan Penerapan Teknik *Pediatric Massage* Dalam Upaya Pencegahan Kolik Pada Bayi Baru Lahir di Praktik Mandiri Bidan Hasna Dewi.

xiii + 82 Halaman + 2 Tabel+ 2 Gambar+ 5 Lampiran

ABSTRAK

Kolik merupakan salah satu masalah yang sering terjadi pada bayi baru lahir yang ditandai dengan tangisan berlebihan, perut kembung, bayi rewel, dan sulit ditenangkan. Kondisi ini dapat menyebabkan kecemasan pada ibu serta memengaruhi kenyamanan bayi. Salah satu upaya nonfarmakologis yang dapat dilakukan untuk mencegah kolik adalah penerapan pijat pediatrik, yang diketahui dapat meningkatkan kenyamanan bayi, membantu fungsi pencernaan, serta mempererat ikatan antara ibu dan bayi. Studi kasus ini bertujuan melaksanakan asuhan kebidanan berkesinambungan (*Continuity of Care*) pada By. Ny. H di PMB Hasna Dewi dengan penerapan pijat pediatrik sebagai upaya pencegahan kolik. Metode yang digunakan adalah studi kasus dengan pendekatan asuhan kebidanan berkesinambungan mulai dari masa kehamilan trimester III, persalinan, bayi baru lahir, nifas, hingga keluarga berencana. Data dikumpulkan melalui anamnesis, observasi, pemeriksaan fisik, dokumentasi, dan studi kepustakaan. Intervensi berupa edukasi, demonstrasi, dan penerapan pijat pediatrik dilakukan pada masa neonatus. Evaluasi dilakukan melalui observasi tanda dan gejala kolik pada bayi. Hasil asuhan menunjukkan bahwa ibu mampu melakukan pijat pediatrik secara mandiri sesuai teknik yang diajarkan. Selama masa observasi, bayi tidak menunjukkan tanda-tanda kolik seperti tangisan berlebihan, perut kembung, atau sulit ditenangkan. Bayi tampak nyaman, memiliki pola menyusu dan tidur yang baik, serta seluruh rangkaian asuhan kebidanan berkesinambungan berlangsung tanpa komplikasi pada ibu maupun bayi. Pijat pediatrik merupakan intervensi nonfarmakologis yang aman dan bermanfaat sebagai upaya pencegahan kolik pada bayi baru lahir. Penerapan asuhan kebidanan berkesinambungan disertai edukasi kepada ibu dapat meningkatkan pengetahuan dan keterampilan ibu dalam melakukan pijat pediatrik secara mandiri sehingga dapat mendukung pencegahan kolik serta meningkatkan kualitas perawatan bayi di rumah.

Kata kunci: *Continuity Of Care*, Asuhan Kebidanan Berkesinambungan, Pijat Pediatrik, Pencegahan Kolik, Bayi Baru Lahir.

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**MIDWIFE PROFESSIONAL EDUCATION STUDY PROGRAM, FACULTY
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**Continuous Midwifery Care for Mrs. H Using Pediatric Massage Techniques
to Prevent Colic in Newborns in the Independent Practice of Midwife Hasna
Dewi.**

xiii + 82 Pages + 2 Tables + 2 Figures + 5 Appendices

ABSTRACT

Colic is a common problem in newborns characterized by excessive crying, gas, fussiness, and difficulty in calming. This condition can cause anxiety in mothers and affect the baby's comfort. One non-pharmacological effort that can be done to prevent colic is the application of pediatric massage, which is known to increase infant comfort, help digestive function, and strengthen the bond between mother and baby. This case study aims to implement continuity of care for By. Ny. H at PMB Hasna Dewi by implementing pediatric massage as an effort to prevent colic. The method used is a case study with a continuous midwifery care approach starting from the third trimester of pregnancy, childbirth, newborn, postpartum, and family planning. Data were collected through anamnesis, observation, physical examination, documentation, and literature study. Interventions in the form of education, demonstrations, and the application of pediatric massage were carried out during the neonatal period. Evaluation was carried out through observation of signs and symptoms of colic in infants. The results of the care showed that the mother was able to perform pediatric massage independently according to the taught techniques. During the observation period, the baby showed no signs of colic such as excessive crying, gas, or difficulty calming. The baby appeared comfortable, had a good breastfeeding and sleeping pattern, and the entire series of continuous midwifery care sessions proceeded without complications for the mother or baby. Pediatric massage is a safe and beneficial non-pharmacological intervention for preventing colic in newborns. Implementing continuous midwifery care along with education for mothers can increase their knowledge and skills in performing pediatric massage independently, thus supporting colic prevention and improving the quality of infant care at home.

Keywords : Continuity of Care, Continuous Midwifery Care, Pediatric Massage, Colic Prevention, Newborns.

Reading List : 22 (2020–2026)