

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

Evidence Based Practice, Juli 2026

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**Asuhan Kebidanan Berkesinambungan Pada Ny. P Dengan Penerapan
Touch Therapy Untuk Mendukung Adaptasi Fisiologis Bayi Baru Lahir Di
Klinik Taman Sari 2**

ABSTRAK

Adaptasi fisiologis bayi baru lahir merupakan proses transisi dari kehidupan intrauterin ke ekstrauterin yang memerlukan penyesuaian fungsi pernapasan, sirkulasi, dan termoregulasi. Kegagalan adaptasi dapat meningkatkan risiko gangguan fisiologis pada neonatus. Salah satu intervensi komplementer berbasis *Evidence Based Practice* yang dapat mendukung proses tersebut adalah *touch therapy*. Karya ilmiah ini bertujuan menerapkan asuhan kebidanan berkesinambungan pada Ny. P melalui penerapan *touch therapy* untuk mendukung adaptasi fisiologis bayi baru lahir di Klinik Taman Sari 2. Metode yang digunakan adalah studi kasus dengan pendekatan *Continuity of Care* berbasis *Evidence Based Practice* yang mencakup kehamilan trimester III, persalinan, bayi baru lahir, masa nifas, dan keluarga berencana. Intervensi diberikan selama kurang lebih 15 menit sesuai Standar Operasional Prosedur. Evaluasi dilakukan melalui observasi suhu tubuh, frekuensi napas, denyut jantung, kemampuan menyusu, kenyamanan, dan respons bayi. Hasil menunjukkan seluruh rangkaian asuhan berlangsung fisiologis tanpa komplikasi. Setelah intervensi, bayi tampak lebih tenang, suhu tubuh tetap normal, frekuensi napas dan denyut jantung stabil, kemampuan menyusu meningkat, serta tidak ditemukan tanda distress maupun efek samping. *Touch therapy* efektif sebagai terapi komplementer untuk mendukung adaptasi fisiologis bayi baru lahir dalam pelayanan kebidanan berkesinambungan.

Kata kunci: Adaptasi fisiologis bayi baru lahir, asuhan kebidanan berkesinambungan, *Continuity of Care*, *Evidence Based Practice*, *touch therapy*

**MIDWIFERY PROFESSIONAL STUDY PROGRAM FACULTY OF
MIDWIFERY INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Evidence-Based Practice

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**Continuity of Midwifery Care for Mrs. P Through the Application of Touch
Therapy to Support the Physiological Adaptation of Newborns at Taman Sari
2 Clinic**

ABSTRACT

Physiological adaptation in newborns is a transitional process from intrauterine to extrauterine life that requires the adjustment of respiratory, circulatory, and thermoregulatory functions. Failure to adapt successfully may increase the risk of physiological disorders during the neonatal period. One complementary intervention based on Evidence-Based Practice that supports this process is touch therapy. This scientific paper aimed to implement continuity of midwifery care for Mrs. P through the application of touch therapy to support the physiological adaptation of her newborn at Taman Sari 2 Clinic. The method used was a case study employing the Continuity of Care approach based on Evidence-Based Practice, covering the third trimester of pregnancy, childbirth, newborn care, postpartum care, and family planning services. The intervention was administered for approximately 15 minutes according to the Standard Operating Procedure. Evaluation included observations of body temperature, respiratory rate, heart rate, breastfeeding ability, infant comfort, and the infant's response. The results showed that the entire continuum of care progressed physiologically without complications. Following the intervention, the newborn appeared calmer, maintained a normal body temperature, demonstrated stable respiratory and heart rates, breastfed more effectively, and showed no signs of distress or adverse effects. Touch therapy is an effective complementary intervention for supporting the physiological adaptation of newborns in continuity of midwifery care.

Keywords: *continuity of midwifery care, newborn physiological adaptation, Continuity of Care, Evidence-Based Practice, touch therapy.*