

**PROGRAM STUDI PROFESI BIDAN FAKULTAS KEBIDANAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
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Asuhan Kebidanan Berkesinambungan Pada Ny. D Dengan Penerapan Rendam Kaki Air Hangat Dan Garam Epsom Dalam Mengatasi Kram Kaki Pada Ibu Hamil Trimester III di PMB Ernita

XIII + 103 Halaman + 2 Tabel + 4 Gambar + 15 Lampiran

ABSTRAK

Kram kaki merupakan salah satu ketidaknyamanan yang sering dialami ibu hamil trimester III akibat perubahan fisiologis kehamilan, peningkatan berat badan, tekanan uterus terhadap pembuluh darah, serta ketidakseimbangan mineral yang dapat mengganggu aktivitas dan kualitas tidur ibu. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk mengatasi keluhan tersebut adalah terapi rendam kaki menggunakan air hangat dan garam epsom. Tujuan karya ilmiah ini adalah melaksanakan asuhan kebidanan berkesinambungan (*Continuity of Care*) pada Ny. D dengan penerapan rendam kaki air hangat dan garam epsom dalam mengatasi kram kaki pada ibu hamil trimester III di PMB Ernita. Metode yang digunakan adalah studi kasus dengan pendekatan asuhan kebidanan berkesinambungan mulai dari masa kehamilan, persalinan, bayi baru lahir, nifas, hingga keluarga berencana. Intervensi *Evidence Based Midwifery* berupa rendam kaki air hangat bersuhu 38–39°C yang dicampur 50 gram garam epsom dilakukan selama 15 menit, satu kali sehari selama lima hari berturut-turut. Tingkat kram kaki diukur menggunakan *Numeric Rating Scale* (NRS) sebelum dan sesudah intervensi. Hasil asuhan menunjukkan bahwa Ny. D mengalami kram kaki pada trimester III dengan skala nyeri awal 4 (nyeri sedang). Setelah dilakukan terapi rendam kaki air hangat dan garam epsom selama lima hari, terjadi penurunan intensitas kram kaki menjadi skala 0 disertai peningkatan kenyamanan, kualitas tidur yang lebih baik, serta berkurangnya ketegangan otot. Penerapan rendam kaki air hangat dan garam epsom efektif sebagai terapi nonfarmakologis dalam mengurangi kram kaki pada ibu hamil trimester III serta mendukung peningkatan kenyamanan ibu. Pelaksanaan asuhan kebidanan berkesinambungan terbukti mampu memberikan pelayanan yang komprehensif, holistik, dan berpusat pada kebutuhan ibu serta bayi.

Kata Kunci : Rendam Kaki Air Hangat dan Garam Epsom, Kram Kaki, Kehamilan Trimester III, Asuhan Kebidanan Berkesinambungan, non farmakologis
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**MIDWIFE PROFESSION STUDY PROGRAM FACULTY MIDWIFE
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Continuity of Midwifery Care for Mrs. D with the Application of Warm Water and Epsom Salt Foot Soak in Managing Leg Cramps in Third Trimester Pregnant Women at PMB Ernita

XIII + 103 main pages + 2 Tables + 4 figures + 15 appendixes

ABSTRACT

Leg cramps are one of the common discomforts experienced by third-trimester pregnant women due to physiological changes during pregnancy, increased body weight, uterine pressure on blood vessels, and mineral imbalances that may interfere with daily activities and sleep quality. One of the non-pharmacological interventions that can be used to overcome this complaint is warm water and Epsom salt foot soak therapy. This scientific paper aimed to provide Continuity of Care midwifery services for Mrs. D through the application of warm water and Epsom salt foot soak therapy to reduce leg cramps during the third trimester of pregnancy at PMB Ernita. The method used was a case study with a Continuity of Care approach covering pregnancy, childbirth, newborn care, postpartum care, and family planning services. The Evidence-Based Midwifery intervention consisted of soaking the feet in warm water at a temperature of 38–39°C mixed with 50 grams of epsom salt for 15 minutes once daily for five consecutive days. The severity of leg cramps was assessed using the Numeric Rating Scale (NRS) before and after the intervention. The results showed that Mrs. D experienced leg cramps during the third trimester with an initial pain score of 4 (moderate pain). After five days of warm water and Epsom salt foot soak therapy, the intensity of leg cramps decreased to a score of 0, accompanied by increased comfort, improved sleep quality, and reduced muscle tension. Labor occurred spontaneously, normally, and without complications. The application of warm water and epsom salt foot soak therapy was effective as a non-pharmacological intervention in reducing leg cramps among third-trimester pregnant women and improving maternal comfort. The implementation of Continuity of Care midwifery services proved to provide comprehensive, holistic, and woman-centered care for both mother and baby.

Keywords : Warm Water and Epsom Salt Foot Soak; Leg Cramps; Third-Trimester Pregnancy; Continuity of Care Midwifery Services; Non-Pharmacological Intervention

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