

**PROGRAM STUDI PENDIDIKAN PROFESI BIDAN FAKULTAS KEBIDANAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Evidence Based Practice, Juli 2026**

Rosdiana

**Asuhan Kebidanan Berkesinambungan pada Ny. P Melalui Penerapan Pijat Bayi
untuk Meningkatkan Kualitas Tidur Bayi di TPMB Islah Wahyuni**

xiv + 184 Halaman + 1 Gambar + 2 Tabel + 7 Lampiran

ABSTRAK

Kualitas tidur yang kurang baik pada bayi dapat memengaruhi proses pertumbuhan dan perkembangan, karena hormon pertumbuhan lebih banyak diproduksi saat bayi tidur. Salah satu intervensi komplementer berbasis *Evidence Based Practice* yang dapat dilakukan untuk meningkatkan kualitas tidur bayi adalah pijat bayi. Pijat bayi memberikan stimulasi sentuhan yang dapat meningkatkan relaksasi, kenyamanan, dan membantu bayi tidur lebih lama serta lebih nyenyak. Laporan kasus ini bertujuan memberikan asuhan kebidanan berkesinambungan pada Ny. P melalui penerapan pijat bayi untuk meningkatkan kualitas tidur bayi di TPMB Islah Wahyuni. Metode yang digunakan adalah studi kasus berbasis *Evidence Based Practice* dengan pendekatan *Continuity of Care* yang meliputi asuhan kehamilan trimester III, persalinan, bayi baru lahir, masa nifas, hingga keluarga berencana. Intervensi pijat bayi dilakukan selama satu minggu sebanyak 3 kali sesuai SOP, dengan pemantauan durasi dan pola tidur, respons bayi, pola menyusui, serta kondisi bayi setelah dipijat. Hasil asuhan menunjukkan seluruh pelayanan berlangsung fisiologis tanpa komplikasi. Setelah dilakukan pijat bayi, terjadi peningkatan kualitas tidur yang ditandai dengan bayi lebih mudah tidur, tidur lebih lama dan nyenyak, lebih jarang terbangun, serta tampak lebih tenang setelah dipijat. Bayi juga menyusui dengan baik dan ibu mampu melakukan pijat bayi secara mandiri. Penerapan pijat bayi bermanfaat sebagai terapi komplementer untuk meningkatkan kualitas tidur bayi. Disarankan agar bidan memberikan edukasi dan demonstrasi pijat bayi kepada ibu sebagai upaya mendukung kualitas tidur dan tumbuh kembang bayi.

Kata Kunci: Asuhan kebidanan berkesinambungan, pijat bayi, kualitas tidur bayi, *Evidence Based Practice*.

Daftar Bacaan: 88 (2021–2026)

Midwifery Professional Education Study Program, Faculty of Health and Informatics, Payung Negeri Health Institute Pekanbaru
Evidence-Based Practice, July 2026

Rosdiana

Continuity of Midwifery Care for Mrs. P Through the Implementation of Infant Massage to Improve Infant Sleep Quality at Islah Wahyuni Independent Midwifery Practice

xiv + 184 Pages + 1 Figure + 2 Tables + 7 Appendices

ABSTRACT

Poor sleep quality in infants may affect their growth and development, as growth hormone is predominantly produced during sleep. One complementary intervention based on Evidence-Based Practice (EBP) that can improve infant sleep quality is infant massage. Infant massage provides tactile stimulation that promotes relaxation and comfort and may help infants sleep longer and more soundly. This case report aimed to provide continuous midwifery care to Mrs. P through the implementation of infant massage to improve infant sleep quality at TPMB Islah Wahyuni. The method used was an EBP-based case study with a Continuity of Care approach, encompassing care during the third trimester of pregnancy, childbirth, newborn care, the postpartum period, and family planning services. Infant massage was performed three times over one week according to the Standard Operating Procedure (SOP), with monitoring of sleep duration and patterns, infant responses, breastfeeding patterns, and the infant's condition following massage. The results showed that all midwifery care was provided physiologically without complications. Following infant massage, the infant's sleep quality improved, as indicated by easier sleep initiation, longer and more restful sleep, less frequent waking, and a calmer state after massage. The infant also breastfed well, and the mother was able to perform infant massage independently. In conclusion, infant massage can be beneficial as a complementary intervention to improve infant sleep quality. Midwives are recommended to provide education and practical demonstrations of infant massage to mothers to support optimal infant sleep quality, growth, and development.

Keywords: *Continuity of midwifery care, infant massage, infant sleep quality, Evidence-Based Practice.*

References: 88 (2021–2026)