

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

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**Asuhan Kebidanan Berkesinambungan Pada Ny. S Dengan Penerapan *Message Effleurage* Dalam
Mengurangi Nyeri Punggung Pada Ibu Hamil Trimester III Di Tpmh Islah Wahyuni**

xiv + 148 Halaman + 1 Gambar + 5 Tabel + 7 Lampiran

ABSTRAK

Nyeri punggung merupakan keluhan fisiologis yang paling sering dirasakan oleh ibu hamil trimester III akibat pembesaran rahim, pergeseran pusat gravitasi tubuh, serta peregangan ligamen. Kondisi tersebut kerap mengganggu kenyamanan aktivitas harian serta menurunkan kualitas tidur ibu. Tujuan penelitian ini memberikan asuhan kebidanan berkesinambungan (*Continuity of Care*) melalui penerapan teknik *Massage Effleurage* guna meredakan nyeri punggung pada Ny. S di TPMB Islah Wahyuni. Metode penelitian yang digunakan adalah studi kasus deskriptif *Continuity of Care* pada Ny. S (G7P4A2H4, usia 34 tahun, usia kehamilan 39 minggu) pada bulan februari hingga April 2026. Data objektif awal menunjukkan kondisi umum ibu baik, tanda-tanda vital stabil (tekanan darah 110/70 mmHg, nadi 82 kali per menit, pernapasan 20 kali per menit, suhu 36,6 °C), TFU 32 cm, DJJ 142 kali per menit, serta skala nyeri awal yaitu 8 (nyeri berat terkontrol). Intervensi dilakukan berupa usapan lembut dan ritmis pada area punggung selama 15 menit. Alat ukur intensitas nyeri menggunakan *Numeric Rating Scale* (NRS), dengan evaluasi hasil tindakan diukur secara langsung tepat setelah 15 menit pemijatan selesai dilakukan. Hasil menunjukkan penurunan intensitas nyeri secara signifikan dari skala 8 menjadi skala 5 (nyeri sedang). Ibu merasa jauh lebih rileks, nyaman, serta bisa tidur nyenyak. Seluruh tahapan asuhan dari kehamilan, persalinan, bayi baru lahir, nifas, hingga pelayanan KB berjalan fisiologis tanpa komplikasi. Kesimpulan yaitu teknik *Massage Effleurage* sangat efektif mengurangi nyeri punggung ibu hamil trimester III. Bidan disarankan menerapkan terapi komplementer nonfarmakologis ini secara berkelanjutan.

Kata Kunci : Asuhan kebidanan berkesinambungan, *massage effleurage*, nyeri punggung, kehamilan trimester III.

Daftar Bacaan : 53 (2020–2026)

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Continuity of Midwifery Care for Mrs. S Through the Application of Effleurage Massage to Reduce Back Pain in a Third-Trimester Pregnant Woman at TPMB Islah Wahyuni

xiv + 148 Pages + 1 Figures + 5 Tables + 7 Appendices

ABSTRACT

Back pain is a common physiological complaint experienced by third-trimester pregnant women due to uterine enlargement, shifts in the body's center of gravity, and ligament stretching. This condition often interferes with daily activity comfort and reduces sleep quality. The objective of this study was to provide Continuity of Care (CoC) midwifery care through the application of the *Massage Effleurage* technique to relieve back pain in Mrs. S at TPMB Islah Wahyuni. The research method used was a descriptive case study of Continuity of Care on Mrs. S (G7P4A2H4, 34 years old, 39 weeks of gestation) conducted from February to April 2026. Initial objective data showed that the mother's general condition was good, with stable vital signs (blood pressure 110/70 mmHg, pulse rate 82 beats per minute, respiratory rate 20 breaths per minute, body temperature 36.6 °C), fundal height (TFU) 32 cm, fetal heart rate (FHR) 142 beats per minute, and an initial pain scale of 8 (controlled severe pain). The intervention consisted of gentle and rhythmic strokes on the back area for 15 minutes. Pain intensity was measured using the Numeric Rating Scale (NRS), with the evaluation of the intervention measured directly right after the 15-minute massage was completed. The results showed a significant reduction in pain intensity from scale 8 to scale 5 (moderate pain). The mother felt much more relaxed, comfortable, and able to sleep soundly. All stages of care, from pregnancy, labor, newborn, postpartum, to family planning services, proceeded physiologically without complications. In conclusion, the *Massage Effleurage* technique is highly effective in reducing back pain in third-trimester pregnant women. Midwives are advised to apply this non-pharmacological complementary therapy continuously.

Keywords : Continuity of Midwifery Care, Effleurage Massage, Back Pain, Third-Trimester Pregnancy.

References : 53 (2020–2026)