

**PROGRAM STUDI PENDIDIKAN PROFESI BIDAN FAKULTAS
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**Asuhan Kebidanan Berkelanjutan Pada Bayi Ny. A Dengan Penerapan
Metode Kangguru Untuk Mencegah Hipotermia Di Klinik Pratama Arrabih
Kota Pekanbaru**

xiv+ 92 Halaman+ 2 Tabel+1 Gambar+6 Lampiran

ABSTRAK

Asuhan kebidanan berkelanjutan merupakan pelayanan menyeluruh mulai dari kehamilan, persalinan, nifas, bayi baru lahir, hingga keluarga berencana. Salah satu masalah pada neonatus adalah hipotermia yang masih menjadi penyebab utama morbiditas dan mortalitas. Perawatan Metode Kangguru (PMK) merupakan intervensi efektif untuk mencegah hipotermia melalui kontak kulit ke kulit antara ibu dan bayi. Tujuan studi ini adalah mengevaluasi efektivitas PMK pada bayi dengan risiko hipotermia guna menjaga kestabilan suhu tubuh. Karya ilmiah ini menerapkan asuhan kebidanan berkesinambungan dari trimester III kehamilan hingga pelayanan KB, dengan fokus pada *Evidence Based Practice* (EBM) berupa PMK. Asuhan dilakukan di Klinik Pratama Arrabih pada Februari–Juni 2025. Indikator keberhasilan diukur menggunakan termometer aksila untuk memantau perubahan suhu tubuh sebelum dan sesudah intervensi, kemudian dianalisis secara deskriptif. Hasil menunjukkan peningkatan suhu bayi dari 36,3°C menjadi stabil (36,5–37,5°C) setelah dilakukan PMK, bayi tampak nyaman, tidak menunjukkan tanda hipotermia, serta meningkatnya bonding ibu dan bayi. Disimpulkan bahwa PMK merupakan intervensi sederhana, efektif, dan dapat diterapkan di fasilitas kesehatan primer untuk mencegah hipotermia. Disarankan tenaga kesehatan lebih mengoptimalkan PMK sebagai bagian dari standar asuhan kebidanan berkelanjutan.

Kata kunci: Asuhan Berkelanjutan, Perawatan Metode Kangguru, Hipotermia, Bayi Baru Lahir

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**Continuity of Midwifery Care on Baby Mrs. A with the Application of
Kangaroo Mother Care to Prevent Hypothermia at Pratama Arrabih Clinic
Pekanbaru City**

xiv + 92 Pages + 2 Tables + 1 Figure + 6 Attachments

ABSTRACT

Continuity of midwifery care is a comprehensive service starting from pregnancy, childbirth, postpartum, newborn, up to family planning. One of the problems in neonates is hypothermia, which remains a major cause of morbidity and mortality. Kangaroo Mother Care (KMC) is an effective intervention to prevent hypothermia through skin-to-skin contact between mother and baby. The purpose of this study is to evaluate the effectiveness of KMC in infants at risk of hypothermia in order to maintain stable body temperature. This scientific paper applied continuity of midwifery care from the third trimester of pregnancy to family planning services, with a focus on Evidence Based Practice (EBM) in the form of KMC. The care was carried out at Pratama Arrabih Clinic from February to June 2025. The success indicator was measured using an axillary thermometer to monitor changes in body temperature before and after the intervention, then analyzed descriptively. The results showed an increase in the baby's temperature from 36.3°C to stable within the normal range (36.5–37.5°C) after KMC was performed. The baby appeared comfortable, showed no signs of hypothermia, and mother–baby bonding improved. It was concluded that KMC is a simple, effective intervention and can be applied in primary health facilities to prevent hypothermia. It is recommended that health workers optimize the implementation of KMC as part of the standard continuity of midwifery care.

Keywords: Continuity of Care, Kangaroo Mother Care, Hypothermia, Newborn