

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

Karya Ilmiah, 26 Agustus 2025

Lynmarista Hutajulu

**Asuhan Kebidanan Berkesinambungan Pada Ny. S Dengan Menerapkan
Pelaksanaan Teknik *Lamaze Breathing* Untuk Mengurangi Nyeri Pada Masa
Persalinan Di Praktik Mandiri Bidan Murtinawita Kota Pekanbaru**

Xiv + 91 Halaman + 8 Tabel+ 2 Gambar+ 5 Lampiran

ABSTRAK

Nyeri persalinan merupakan proses fisiologis yang alami, namun seringkali menimbulkan trauma psikologis seperti cemas, takut, dan tegang. Nyeri yang berat dan berkepanjangan dapat mempengaruhi sirkulasi dan metabolisme, serta berisiko membahayakan kondisi ibu dan janin. Berbagai upaya untuk mengurangi nyeri persalinan telah dilakukan, baik secara farmakologis maupun non-farmakologis, salah satunya adalah dengan metode non-farmakologis seperti teknik *Lamaze Breathing*. Tujuan studi berbasis bukti ini adalah mengevaluasi efektivitas teknik *Lamaze Breathing* dalam mengurangi nyeri persalinan. Karya ilmiah ini menerapkan asuhan kebidanan berkesinambungan mulai dari trimester III kehamilan hingga pelayanan keluarga berencana, dengan fokus pada penerapan Evidence Based Practice Midwifery (EBM) berupa pemberian teknik *Lamaze Breathing* untuk manajemen nyeri persalinan. Asuhan ini dilaksanakan di Praktik Mandiri Bidan Murtinawita dari bulan Maret hingga Juni 2025. Indikator keberhasilan diukur menggunakan lembar observasi skala nyeri *Numeric Rating Scale* (NRS) sebelum dan sesudah intervensi. Analisis data deskriptif digunakan untuk menggambarkan hasil pelaksanaan intervensi. Hasil asuhan kebidanan berkesinambungan pada Ny. S 28 tahun, G2P1A0H1 menunjukkan seluruh proses asuhan berjalan baik tanpa komplikasi. Sebelum pelaksanaan teknik *Lamaze Breathing*, Ny. S mengalami nyeri persalinan sedang hingga berat disertai kecemasan dan kesakitan. Setelah intervensi, tingkat nyeri berkurang menjadi ringan, memberikan efek relaksasi dan kenyamanan psikologis. Dengan demikian, *Lamaze Breathing* terbukti efektif mengurangi intensitas nyeri persalinan. Tenaga kesehatan disarankan menerapkan teknik ini sebagai alternatif manajemen nyeri persalinan.

Kata Kunci : Asuhan Berkesinambungan, *Lamaze Breathing*, Nyeri Persalinan

Daftar Bacaan : 39 (2015-2024)

**MIDWIFERY PROFESSIONAL EDUCATION STUDY PROGRAM,
FACULTY OF HEALTH AND INFORMATICS, PAYUNG NEGERI
HEALTH INSTITUTE PEKANBARU**

Evidence Based Practice, 26 August 2025

Lynmarista Hutajulu

Continuous Midwifery Care for Mrs. S by Implementing Lamaze Breathing Techniques to Reduce Pain During Labor at the Independent Midwife Practice of Murtinawita, Pekanbaru City

xiv + 91 Pages + 8 Tables + 2 Figure + 5 Attachments

ABSTRACT

Labor pain is a natural physiological process, but it often causes psychological trauma such as anxiety, fear, and tension. Severe and prolonged pain can affect circulation and metabolism, and poses a risk to the health of both mother and fetus. Various efforts have been made to reduce labor pain, both pharmacologically and non-pharmacologically, one of which is through non-pharmacological methods such as the Lamaze Breathing technique. The purpose of this evidence-based study is to evaluate the effectiveness of Lamaze Breathing techniques in reducing labor pain. This scientific work implements continuous midwifery care from the third trimester of pregnancy to family planning services, with a focus on applying Evidence Based Practice Midwifery (EBM) through the use of Lamaze Breathing techniques for labor pain management. This care will be provided at the independent midwifery practice of Murtinawita from March to June 2025. Success indicators were measured using a pain scale observation sheet, the Numeric Rating Scale (NRS), before and after the intervention. Descriptive data analysis is used to describe the results of the intervention implementation. The results of continuous midwifery care for Mrs. S, 28 years old, G2P1A0H1, show that the entire care process went well without complications. Before the Lamaze Breathing technique was implemented, Mrs. S experienced moderate to severe labor pain accompanied by anxiety and discomfort. After the intervention, pain levels decreased to mild, providing a relaxing effect and psychological comfort. Thus, Lamaze Breathing has been proven effective in reducing the intensity of labor pain. Healthcare professionals are advised to implement this technique as an alternative for managing labor pain.

Keywords : Continuity of care, Lamaze Breathing, Labor Pain

References : 39 (2015-2024)