

**PROGRAM STUDI PROFESI BIDAN
FAKULTAS KESEHATAN DAN INFORMATIKA
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Karya Ilmiah Berbasis Evidence Based Practice, Agustus 2025**

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Asuhan Kebidanan Berkelanjutan Pada Ny. S Dengan Edukasi Pemilihan Alat Kontrasepsi Pasca Persalinan Di PMB Bdn. Dince Safrina, SST., M. K.M Kota Pekanbaru

Xii + 71 Halaman + 3 Tabel + 8 Lampiran

ABSTRAK

Pada tahun 2021 penggunaan KBPP suntik (59,9%), diikuti oleh pil (17,24%), IUD (7,35%), implan (7,40%), metode operasi wanita/MOW (2,76%), kondom (1,24%), dan metode operasi pria/MOP (0,50%). Menurut SDG's angka pemakaian kontrasepsi (Contraceptive Prevalence Rate, CPR), dengan target 70% pada tahun 2022 dan target KB Pasca Persalinan (KBPP) 40%. Di Provinsi Riau jumlah peserta KB Aktif belum mencapai target Nasional di mana cakupannya hanya mencapai 64,3% dan Pasangan Usia Aktif (PUA) yang tidak mengikuti KB Aktif sebesar 35,7%. (Kemenkes RI, 2023). Penelitian ini bertujuan untuk memberikan edukasi pemilihan alat kontrasepsi pasca persalinan dengan menggunakan buku KIA dan E-leaflet. Penelitian ini menggunakan studi kasus EBP dengan teknik demonstrasi praktek langsung dan *repetitive* (pengulangan). Intervensi dilakukan sebanyak 3 kali, 2 kali pada kunjungan nifas (KF 3) dan 1 kali pada kunjungan nifas (KF 4). Responden pada penelitian ini berjumlah 1 orang yaitu Ny. S. Hasil menunjukkan Ny. S mampu untuk memilih alat kontrasepsi pasca salin yaitu menggunakan KB MAL

Kata Kunci: Buku KIA, E-Leaflet, KB

**MIDWIFERY PROFESSIONAL PROGRAM
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*Evidence-Based Practice Scientific Paper, August 2025***

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Sustainable Midwifery Care for Mrs. S with Postpartum Contraceptive Choice Education at the Midwifery Professional Practice of Bdn. Dince Safrina, SST., M.K.M, Pekanbaru

Xii + 71 pages + 3 Tables + 8 appendixes

ABSTRACT

This case-based evidence-based practice study, conducted in August 2025 at the Midwifery Professional Program, Faculty of Health and Informatics, Institut Kesehatan Payung Negeri Pekanbaru, aimed to provide educational interventions for postpartum contraceptive choice using the Maternal and Child Health Handbook (Buku KIA) and an e-leaflet. In 2021, injectable contraceptives were the most commonly used method (59.9%), followed by pills (17.24%), IUDs (7.35%), implants (7.40%), female sterilization (MOW, 2.76%), condoms (1.24%), and male sterilization (MOP, 0.50%). Although Indonesia had a national Contraceptive Prevalence Rate (CPR) target of 70% and a postpartum contraception (KBPP) target of 40% by 2022 under the SDG framework, Riau Province still lagged behind with active family planning coverage of only 64.3%, while 35.7% of reproductive-age couples did not use any contraceptive method (Ministry of Health, 2023). The intervention comprised three direct, repetitive demonstrations—twice at the third postpartum visit (KF 3) and once at the fourth postpartum visit (KF 4)—targeting one participant, Mrs. S. The outcome showed that Mrs. S successfully selected a postpartum contraceptive method, specifically combined oral contraception (KB MAL). These findings suggest that structured educational tools like Buku KIA and e-leaflets can effectively support informed contraceptive decision-making in the postpartum period.

Keywords: *Maternal and Child Health Handbook, E-leaflet, postpartum contraception*