

**PROGRAM STUDI PENDIDIKAN PROFESI BIDAN FAKULTAS KEBIDANAN  
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU  
Evidence Based Practice, 30 Juli 2026**

**Nia Listari**

**Asuhan Kebidanan Berkesinambungan Pada Ny. S Dengan Penerapan Teknik  
Mobilisasi Untuk Mempercepat Proses Persalinan di PMB Ernita**

**xiv + 139 Halaman + 1 Gambar + 3 Tabel + 7 Lampiran**

**ABSTRAK**

Persalinan lama masih menjadi salah satu penyebab meningkatnya morbiditas dan mortalitas ibu serta bayi. Salah satu intervensi nonfarmakologis berbasis *Evidence Based Practice* yang dapat diterapkan untuk mempercepat kemajuan persalinan adalah teknik mobilisasi. Penelitian ini bertujuan menerapkan asuhan kebidanan berkesinambungan pada Ny. S melalui penerapan teknik mobilisasi untuk mempercepat proses persalinan di PMB Ernita. Metode yang digunakan adalah studi kasus berbasis *Evidence Based Practice* dengan pendekatan *Continuity of Care* yang meliputi masa kehamilan trimester III, persalinan, bayi baru lahir, nifas, dan keluarga berencana. Intervensi dilakukan selama kala I persalinan melalui berjalan, duduk tegak, jongkok, serta perubahan posisi miring kiri dan kanan. Data diperoleh melalui wawancara, observasi, pemeriksaan fisik, dokumentasi, dan lembar observasi kemajuan persalinan. Hasil menunjukkan seluruh proses asuhan berlangsung fisiologis tanpa komplikasi. Penerapan teknik mobilisasi membantu meningkatkan efektivitas kontraksi, mempercepat pembukaan serviks dari 2 cm hingga pembukaan lengkap, meningkatkan kenyamanan ibu selama persalinan, serta mendukung kelahiran spontan dengan kondisi ibu dan bayi baik. Teknik mobilisasi efektif sebagai intervensi komplementer dalam mendukung kemajuan persalinan dan dapat diterapkan dalam pelayanan kebidanan berkesinambungan.

Kata Kunci : Asuhan kebidanan berkesinambungan, teknik mobilisasi, kemajuan persalinan, Evidence Based Practice.

Daftar Bacaan : 32 (2020–2026)

**MIDWIFERY PROFESSIONAL EDUCATION PROGRAM FACULTY OF  
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***Continuity of Midwifery Care for Mrs. S Through the Implementation of  
Mobilization Techniques to Accelerate the Labor Process at Ernita Independent  
Midwifery Practice***

***xiv + 139 Pages + 1 Figures + 3 Tables + 7 Appendices***

***ABSTRACT***

*Prolonged labor remains one of the contributing factors to maternal and neonatal morbidity and mortality. One evidence-based non-pharmacological intervention to promote labor progress is the implementation of maternal mobilization techniques. This case study aimed to provide continuity of midwifery care for Mrs. S through the application of mobilization techniques to accelerate the labor process at Ernita Independent Midwifery Practice. This study employed an Evidence-Based Practice case study using the Continuity of Care approach, covering the third trimester of pregnancy, childbirth, newborn care, postpartum care, and family planning services. The intervention was implemented during the first stage of labor through walking, upright sitting, squat, and alternating left and right lateral positions. Data were collected through interviews, observations, physical examinations, documentation, and a labor progress observation sheet. The results showed that all stages of care proceeded physiologically without complications. The mobilization techniques improved uterine contraction effectiveness, accelerated cervical dilatation from 2 cm to full dilatation, enhanced maternal comfort during labor, and supported spontaneous vaginal delivery with favorable maternal and neonatal outcomes. The implementation of mobilization techniques proved to be an effective complementary intervention for promoting labor progress and can be integrated into continuity of midwifery care.*

*Keywords: Continuity of midwifery care, mobilization techniques, labor progress, Evidence-Based Practice.*

*References : 32 (2020–2026)*