

**PROGRAM STUDI PROFESI BIDAN FAKULTAS KESEHATAN DAN
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PEKANBARU**

Evidence Based Practice, Agustus 2025

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**Asuhan Berkesinambungan Pada Ny. M Dengan kontrasepsi suntikan
progestin untuk mendukung kelancaran ASI di Rumah Sakit Prima**

iv + 98 Halaman + Tabel + Lampiran

ABSTRAK

Kontrasepsi merupakan cara mencegah kehamilan dengan menggunakan alat/obat pencegah kehamilan. Kontrasepsi suntikan yang mengandung hormonal merupakan kontrasepsi yang paling diminati akseptor KB yang paling aman, praktis, tidak perlu mengingat-ingat setiap hari. Kontrasepsi hormonal jenis suntikan yang dapat diberikan pada ibu menyusui (pasca melahirkan) yaitu berbasis progestin, karena hormon progestin tersebut tidak begitu mempengaruhi komposisi Air Susu Ibu (ASI). 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 kontrasepsi suntikan progestin untuk mendukung kelancaran ASI. Asuhan ini dilaksanakan di Rumah Sakit Prima dari bulan Maret hingga Juni 2025. Indikator keberhasilan diukur menggunakan lembar observasi pemberian ASI sebelum dan sesudah intervensi. Analisis data deskriptif digunakan untuk menggambarkan hasil pelaksanaan intervensi. Hasil asuhan kebidanan berkesinambungan pada Ny. M (25 tahun, G1P0A0) menunjukkan seluruh proses asuhan berjalan baik tanpa komplikasi. Sebelum pemberian kontrasepsi suntikan progestin, Ny. M memberikan ASI eksklusif pada bayinya. Setelah intervensi, ASI eksklusif tetap diberikan oleh Ny. M pada bayi nya. Dengan demikian, kontrasepsi suntikan progestin dapat mendukung kelancaran ASI. Tenaga kesehatan disarankan menerapkan kontrasepsi suntikan progestin sebagai edukasi untuk ibu menyusui demi mendukung kelancaran ASI.

Kata Kunci : Asuhan Berkesinambungan, kontrasepsi suntikan progestin, Air Susu Ibu

Daftar Bacaan : (2017-2025)

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Continous Care for Mrs. M with progestin injection contraception to support smooth breastfeeding at Prima Hospital

iv + 98 Halaman + Tabel+ Lampiran

ABSTRACT

Contraception is a way to prevent pregnancy by using birth control devices/drugs. Injectable contraceptives containing hormones are the most popular contraceptives among family planning acceptors because they are safe, practical, and do not require daily reminders. Injectable hormonal contraceptives that can be given to breastfeeding mothers (postpartum) are progestin-based, because the progestin hormone does not significantly affect the composition of breast milk (ASI). This scientific paper applies continuous midwifery care starting from the third trimester of pregnancy to family planning services, with a focus on the application of Evidence-Based Practice Midwifery (EBM) in the form of providing progestin-based contraceptive injections to support the smooth flow of breast milk. This care was carried out at Prima Hospital from March to June 2025. Success indicators were measured using breastfeeding observation sheets before and after the intervention. Descriptive data analysis was used to describe the results of the intervention implementation. The results of continuous midwifery care for Mrs. M (25 years old, G1P0A0) showed that the entire care process went well without complications. Before administering progestin-based contraceptive injections, Mrs. M exclusively breastfed her baby. After the intervention, Mrs. M continued to exclusively breastfeed her baby. Therefore, progestin-only contraceptive injections can support breast milk production. Healthcare providers are advised to implement progestin-only contraceptive injections as education for breastfeeding mothers to support breast milk production.

Keywords: *Continuity of care, progestin-only contraceptive injections, breastfeeding mothers*

References: (2017 – 2025)