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Grace Christiani 25701016

“Asuhan Berkesinambungan pada Ny. N melalui Penerapan Pijat Bayi Baru Lahir dalam Upaya Meningkatkan Berat Badan Bayi di PMB Nila Trisnawati”

Xiv+112 Halaman+ 1Gambar + 5Tabel+ 8 Lampiran

ABSTRAK

Berat badan bayi merupakan salah satu indikator penting dalam menilai pertumbuhan dan status kesehatan bayi baru lahir. Peningkatan berat badan dipengaruhi oleh kecukupan nutrisi, frekuensi menyusui, kondisi kesehatan, kualitas tidur, serta stimulasi yang diberikan. Salah satu intervensi komplementer yang dapat diterapkan dalam asuhan kebidanan untuk mendukung pertumbuhan bayi adalah pijat bayi. Pijat bayi merupakan stimulasi sentuhan yang dilakukan secara sistematis untuk memberikan rasa nyaman, meningkatkan frekuensi menyusui, mendukung fungsi pencernaan, serta membantu penyerapan nutrisi. Karya ilmiah ini bertujuan menerapkan asuhan kebidanan berkesinambungan (*Continuity of Midwifery Care*) pada Ny. N mulai dari kehamilan trimester III, persalinan, bayi baru lahir, masa nifas hingga pelayanan keluarga berencana, serta menerapkan pijat bayi baru lahir dalam upaya meningkatkan berat badan bayi di PMB Nila Trisnawati. Pelaksanaan asuhan dilakukan pada Februari sampai Juni 2026 melalui kunjungan di PMB dan kunjungan rumah. Intervensi pijat bayi dimulai sejak bayi berusia 6 jam setelah lahir dan dilanjutkan 2–3 kali dalam seminggu selama 14 hari dengan durasi 10–15 menit setiap sesi. Intervensi dilakukan sesuai SOP dan disertai edukasi agar ibu mampu melanjutkan pijat bayi mandiri. Hasil menunjukkan bahwa asuhan pada Ny. N usia 31 tahun, G2P1A0H1, berlangsung baik tanpa komplikasi. Berat badan bayi meningkat dari 2.600 gram menjadi 3.300 gram, dengan kenaikan sebesar 700 gram. Bayi tampak lebih rileks, kualitas tidur membaik, frekuensi menyusui meningkat setiap 2–3 jam, serta eliminasi dalam batas normal. Dapat disimpulkan bahwa penerapan pijat bayi secara rutin dapat menjadi salah satu intervensi komplementer dalam asuhan kebidanan berkesinambungan untuk mendukung peningkatan berat badan dan pertumbuhan bayi baru lahir.

Kata Kunci: Asuhan Kebidanan Berkesinambungan, Bayi Baru Lahir, Pijat Bayi, Berat Badan Bayi

Daftar Pustaka: 28 (2020–2025)

**MIDWIFERY PROFESSIONAL EDUCATION STUDY PROGRAM
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Grace Christiani 25701016

**“CONTINUITY OF MIDWIFERY CARE FOR MRS. N THROUGH THE
IMPLEMENTATION OF NEWBORN BABY MASSAGE TO IMPROVE
INFANT BODY WEIGHT AT PMB NILA TRISNAWATI”**

xiv + 112 Pages + 1 Figures + 5 Tables + 8 Appendices

ABSTRACT

Infant weight is one of the important indicators for assessing the growth and health status of newborns. Weight gain is influenced by adequate nutrition, breastfeeding frequency, health conditions, sleep quality, and stimulation provided to the infant. One complementary intervention that can be applied in midwifery care to support infant growth is baby massage. Baby massage is a systematic tactile stimulation intended to provide comfort, increase breastfeeding frequency, support digestive function, and facilitate nutrient absorption. This scientific paper aimed to provide continuous midwifery care (Continuity of Midwifery Care) to Mrs. N from the third trimester of pregnancy through childbirth, newborn care, the postpartum period, and family planning services, as well as to implement newborn baby massage to support infant weight gain at PMB Nila Trisnawati Independent Midwifery Practice. The care was provided from February to June 2026 through visits at the midwifery practice and home visits. The baby massage intervention was initiated when the infant was 6 hours old and continued 2–3 times per week for 14 days, with each session lasting 10–15 minutes. The intervention was performed according to the standard operating procedure and accompanied by education to enable the mother to continue performing baby massage independently. The results showed that midwifery care for Mrs. N, aged 31 years, G2P1A0H1, was provided well without complications. The infant's weight increased from 2,600 grams to 3,300 grams, representing a weight gain of 700 grams. The infant appeared more relaxed, sleep quality improved, breastfeeding frequency increased to every 2–3 hours, and elimination remained within normal limits. It can be concluded that regular baby massage can serve as a complementary intervention in continuous midwifery care to support infant weight gain and optimal growth of newborns.

Keywords: *Continuity of Midwifery Care, Newborn, Baby Massage, Infant Weight*
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