

PROGRAM STUDI S1 KEBIDANAN DAN PROFESI BIDAN

FAKULTAS KESEHATAN DAN INFORMATIKA INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU

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“Asuhan Kebidanan Berkelanjutan Pada Ny. M Dengan Senam Nifas Terhadap Penyembuhan Luka Perineum Di PMB Murtinawita Pekanbaru”

Xv+ 100 Halaman+ 8 Tabel+ 2 Gambar+ 10 Lampiran

ABSTRAK

Luka perineum adalah jenis robekan yang terjadi pada perineum saat persalinan. Luka perineum yang lama kering menyebabkan infeksi luka. Salah satu terapi komplementer yang bermanfaat dan terbukti memiliki manfaat besar dalam mengatasi proses penyembuhan luka perineum yaitu senam nifas, dimana kontraksi otot pubococcygeal mempengaruhi sirkulasi oksigenisasi dan memperlancar peredaran darah sehingga membuat tumbuhnya jaringan baru untuk merapatkan luka jahitan (mempercepat fase proliferasi) serta memperbaiki otot pelvis/dasar panggul. Tujuan studi berbasis bukti ini adalah mengevaluasi efektivitas senam nifas untuk penyembuhan luka perineum. Karya ilmiah ini menerapkan asuhan kebidanan berkelanjutan mulai dari trimester III kehamilan sampai pelayanan keluarga berencana, dengan fokus pada *Evidence Based Practice Midwifery* (EBM) berupa pemberian senam nifas untuk penyembuhan luka perineum. Asuhan dilaksanakan di Praktik Mandiri Bidan Murtinawita dari bulan April hingga Juni 2025. Indikator keberhasilan diukur menggunakan lembar observasi skala REEDA sebelum dan sesudah intervensi. Analisis data deskriptif digunakan untuk menggambarkan hasil pelaksanaan intervensi. Hasil asuhan kebidanan berkelanjutan pada Ny. M 29 tahun, G₂P₁A₀H₁ menunjukkan seluruh proses asuhan berjalan baik tanpa komplikasi. Dimana sebelum intervensi senam nifas, skala REEDA Ny. M yaitu 11 dan setelah intervensi pada hari ke lima skala penyembuhan luka perineum menjadi 0, terjadi penyembuhan luka setelah dilakukan asuhan kebidanan selama 5 hari dengan 5 kali kunjungan setiap pagi dan sore hari. Dengan demikian, senam nifas terbukti efektif terhadap penyembuhan luka perineum. Tenaga kesehatan disarankan dapat memberikan pelayanan kebidanan khususnya penyembuhan luka perineum pada ibu postpartum, sehingga dapat mencegah bahaya postpartum.

Kata Kunci : Asuhan Kebidanan Berkelanjutan, Senam Nifas, Penyembuhan luka perineum

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MIDWIFERY PROGRAM AND MIDWIFE PROFESSION

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Evidence Based Practice, august 2025

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“Continuity Midwifery Care for Mrs. M with Postpartum Gymnastics for Healing Perineal Wounds at PMB Murtinawita Pekanbaru”

Xv+ 100 Pages+ 8 Tables+ 2 Pictures+ 10 Appendixes

ABSTRACT

A perineal wound is a type of tear that occurs in the perineum during childbirth. Perineal wounds that have been dry for a long time cause wound infections. One of the complementary therapies that is useful and proven to have great benefits in overcoming the healing process of perineal wounds is postpartum gymnastics, where pubococcygeal muscle contractions affect oxygenation circulation and facilitate blood circulation so as to make the growth of new tissue to close the suture wound (accelerate the proliferative phase) and improve the pelvic muscles/pelvic floor. The purpose of this evidence-based study was to evaluate the effectiveness of postpartum gymnastics for the healing of perineal wounds. This scientific paper applies Continuity midwifery care starting from the third trimester of pregnancy to family Planning services, with a focus on Evidence Based Practice Midwifery (EBM) in the form of providing postpartum exercises for the healing of perineal wounds. The care was carried out at the Murtinawita Midwife's Independent Practice from April to June 2025. Success indicators were measured using REEDA scale observation sheets before and after the intervention. Descriptive data analysis was used to describe the results of the implementation of the intervention. The results of Continuity midwifery care for Mrs. M 29 years old, G₂P₁A₀H₁ showed that the entire care process went well without complications. Where before the postpartum gymnastics intervention, Mrs. M REEDA scale was 11 and after the intervention on the fifth day the perineal wound healing scale was 0, wound healing occurred after midwifery care for 5 days with 5 visits every morning and evening. Thus, postpartum gymnastics has been shown to be effective in healing perineal wounds. Health workers are advised to provide obstetric services, especially healing perineal wounds in postpartum mothers, so that they can prevent postpartum dangers.

Keywords : Continuity Midwifery Care, Postpartum Exercises, Healing of perineal wounds

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