

**PROGRAM STUDI PROFESI BIDAN FAKULTAS KEBIDANAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Evidence Based Practice, 1 Juni 2026

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**Asuhan Kebidanan Berkesinambungan Pada Ibu Nifas Ny.A Dengan
Pemberian Kompres Kol Dingin Dalam Upaya Pengurangan Nyeri Payudara
Di Praktek Mandiri Bidan Ernita S.Tr.Keb Pekanbaru**

XV + 125 Halaman + 2 Tabel + 1 Gambar + 12 Lampiran

ABSTRAK

Nyeri payudara merupakan salah satu ketidaknyamanan yang dapat dialami ibu nifas akibat peningkatan produksi ASI dan proses adaptasi laktasi. Kondisi ini dapat mengganggu kenyamanan ibu saat menyusui sehingga diperlukan penanganan yang tepat. Salah satu intervensi nonfarmakologis yang dapat digunakan adalah kompres daun kol dingin. Tujuan karya ilmiah ini adalah menerapkan asuhan kebidanan berkesinambungan (*continuity of care*) serta mengetahui penerapan kompres daun kol dingin dalam mengurangi nyeri payudara pada ibu nifas. Metode yang digunakan adalah studi kasus pada Ny. A P1A0H1 dengan nyeri payudara pada masa nifas di Praktik Mandiri Bidan Ernita dan rumah Ny. A, Pekanbaru. Pelaksanaan intervensi dilakukan pada 13–16 Maret 2026, dengan intervensi kompres daun kol dingin selama 30 menit, 1 kali sehari selama 3 hari berturut-turut pada hari ke-4 sampai ke-6 masa nifas. Daun kol didinginkan selama ± 30 menit sebelum diaplikasikan pada kedua payudara dengan menghindari area puting. Intensitas nyeri diukur menggunakan *Numeric Rating Scale* (NRS) 0–10 sebelum dan sesudah intervensi. Analisis data dilakukan secara deskriptif dengan membandingkan skor nyeri sebelum dan sesudah intervensi. Hasil menunjukkan skala nyeri menurun secara bertahap dimulai hari pertama intervensi. Penurunan nyeri disertai payudara terasa lebih lunak, tidak tegang, ASI tetap lancar, dan ibu lebih nyaman saat menyusui.

Kata Kunci : Kompres Daun Kol Dingin, Nyeri Payudara, Ibu Nifas, *Evidence Based Midwifery, Continuity Of Care*

Daftar Bacaan: 41 (2016–2025)

**MIDWIFERY PROFESSIONAL STUDY PROGRAM FACULTY OF
MIDWIFERY PAYUNG NEGERI INSTITUTE OF HEALTH PEKANBARU**

Evidence Based Practice, June 1, 2026

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**Continuity of Midwifery Care for Postpartum Mother Mrs. A Through Cold
Cabbage Leaf Compresses to Reduce Breast Pain at Ernita Independent
Midwifery Practice, S.Tr.Keb, Pekanbaru**

XV + 125 Pages + 2 Tables + 1 Figures + 12 Appendices

ABSTRACT

Breast pain is one of the discomforts that may be experienced by postpartum mothers due to increased breast milk production and the physiological adaptation to lactation. This condition may interfere with maternal comfort during breastfeeding and therefore requires appropriate management. One non-pharmacological intervention that can be used to reduce breast pain is a cold cabbage leaf compress. This scientific paper aimed to implement continuous midwifery care (Continuity of Care) and assess the application of cold cabbage leaf compresses in reducing breast pain in a postpartum mother. The method used was a case study involving Mrs. A, P1A0H1, who experienced breast pain during the postpartum period at Ernita Independent Midwife Practice and Mrs. A's residence in Pekanbaru. The intervention was conducted from March 13–16, 2026, using a cold cabbage leaf compress for 30 minutes, once daily for three consecutive days, on the 4th to 6th postpartum days. The cabbage leaves were cooled for approximately 30 minutes before being applied to both breasts while avoiding the nipple area. Pain intensity was measured using the Numeric Rating Scale (NRS) 0–10 before and after each intervention. Data were analyzed descriptively by comparing pain scores before and after the intervention. The results showed a gradual decrease in pain intensity beginning on the first day of intervention. The reduction in pain was accompanied by softer breasts, decreased breast tension, continued smooth breast milk production, and increased maternal comfort during breastfeeding.

Keywords: Cold Cabbage Leaf Compress, Breast Pain, Postpartum Mother, Evidence Based Midwifery, Continuity of Care

References: 41 (2016–2025)