

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

Evidence Based Paractice, Agustus 2026

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**Asuhan Kebidanan Berkesinambungan pada Ny “C” Dengan Penerapan Terapi
Komplementer *Massage Effleurage* Untuk Mengurangi Nyeri Saat Proses Persalinan
di PMB Nila Trisnawati, S.Keb**

vi + 111 Halaman + 2 Tabel + 7 Lampiran

ABSTRAK

Nyeri persalinan merupakan salah satu ketidaknyamanan yang sering dialami ibu selama proses persalinan akibat kontraksi uterus dan perubahan fisiologis yang menyertai persalinan. *Massage effleurage*, yaitu teknik pijatan ringan dan berirama pada permukaan tubuh yang dapat memberikan rasa nyaman serta membantu mengurangi persepsi nyeri. Tujuan laporan ini adalah memberikan asuhan kebidanan berkesinambungan (*continuity of care*) pada Ny. C mulai dari masa kehamilan, persalinan, nifas, bayi baru lahir hingga keluarga berencana (KB) dengan penerapan *massage effleurage* untuk mengurangi nyeri saat proses persalinan. Metode pelaksanaan menggunakan pendekatan studi kasus secara *continuity of care* dengan penerapan *evidence based practice*. Intervensi *massage effleurage* dilakukan pada saat proses persalinan selama kontraksi berlangsung. Hasil penerapan menunjukkan adanya penurunan skala nyeri persalinan di mulai pada pembukaan 5 dengan skala 7 sebelum diberikan *massage effleurage* menjadi skala 3 setelah diberikan *massage effleurage*, dan pada pembukaan 8 nyeri persalinan berada pada skala 10 sebelum diberikan *massage effleurage* menjadi skala 6 setelah diberikan *massage effleurage* dan total aplikasi *Effleurage* berdasarkan jumlah kontraksi yang diamati adalah 23 kali. Asuhan kebidanan pada masa kehamilan, persalinan, nifas, bayi baru lahir, dan keluarga berencana berlangsung secara fisiologis tanpa komplikasi. Disimpulkan bahwa penerapan *massage effleurage* efektif sebagai salah satu terapi nonfarmakologis dalam membantu mengurangi nyeri selama proses persalinan serta meningkatkan kenyamanan ibu.

Kata Kunci: *Massage effleurage*, nyeri persalinan, persalinan, *continuity of care*.
Daftar Bacaan : 40 (2018 – 2026)

**MIDWIFERY PROFESSIONAL EDUCATION STUDY PROGRAM FACULTY OF
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Evidence-Based Practice, August 2026

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***Continuity of Midwifery Care for Mrs. “C” with the Application of Complementary
Massage Effleurage Therapy to Reduce Pain During Laborat Nila Trisnawati
Midwifery Practice, S.Keb***

vi + 111 Pages + 2 Table + 7 Appendices

ABSTRACT

Labor pain is one of the common discomforts experienced by women during childbirth, resulting from uterine contractions and physiological changes associated with the labor process. Effleurage massage is a light, rhythmic massage technique applied to the body surface that may provide comfort and help reduce the perception of pain. This report aims to provide comprehensive midwifery care through a continuity of care approach for Mrs. C, covering pregnancy, labor, postpartum, newborn care, and family planning (FP), with the application of effleurage massage to reduce pain during labor. This report used a case study approach through continuity of care based on evidence-based practice. Effleurage massage was applied during the labor process while uterine contractions were occurring. Pain intensity was assessed before and after the intervention using a pain scale. The application of effleurage massage demonstrated a reduction in labor pain intensity. At 5 cm cervical dilation, the pain score decreased from 7 before the intervention to 3 after effleurage massage. At 8 cm cervical dilation, the pain score decreased from 10 before the intervention to 6 after the intervention. The total application of effleurage massage, based on the number of observed contractions, was 23 times. Midwifery care provided during pregnancy, labor, postpartum, newborn, and family planning periods progressed physiologically without complications. The application of effleurage massage was effective as a non-pharmacological intervention to help reduce labor pain and improve maternal comfort during the childbirth process.

Keywords: Massage effleurage, labor pain, labor, continuity of care.

References : 40 (2018–2026)