

**PROGRAM STUDI PENDIDIKAN PROFESI BIDAN FAKULTAS
KEBIDANAN INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Evidence Based Practice, 23 Juli 2026**

Firly listari

**Asuhan Kebidanan Berkesinambungan Pada Ny. D dengan Penerapan *Deep Breathing* Dalam Mengurangi Nyeri Saat Kontraksi di PMB Hasna Dewi
Fitria Sari**

x + 143 Halaman + 2 Gambar + 5 Tabel + 6 Lampiran

ABSTRAK

Nyeri persalinan merupakan proses fisiologis akibat kontraksi uterus, dilatasi serviks, dan penurunan kepala janin yang dapat meningkatkan kecemasan serta menghambat kemajuan persalinan apabila tidak ditangani dengan baik. Salah satu intervensi nonfarmakologis berbasis Evidence Based Practice untuk mengurangi nyeri adalah teknik deep breathing. Laporan tugas akhir ini bertujuan melaksanakan asuhan kebidanan berkesinambungan (*Continuity of Care*) pada Ny. D mulai dari kehamilan trimester III, persalinan, bayi baru lahir, nifas, hingga keluarga berencana dengan penerapan teknik deep breathing di PMB Hasna Dewi Fitria Sari. Metode yang digunakan adalah studi kasus dengan pendekatan *Continuity of Care*. Pengumpulan data dilakukan melalui anamnesis, observasi, pemeriksaan fisik, dokumentasi, dan pendokumentasian SOAP. Intervensi deep breathing diberikan pada kala I fase aktif persalinan dan dievaluasi menggunakan *Numeric Rating Scale* (NRS). Hasil menunjukkan terdapat penurunan skala nyeri setelah dilakukan penerapan rilekasi Deep Breathing menjadi 6 dan 5 (nyeri sedang). Disimpulkan bahwa teknik deep breathing efektif membantu mengurangi nyeri kontraksi dan meningkatkan kenyamanan ibu selama persalinan. Teknik ini dapat dijadikan intervensi nonfarmakologis yang aman, mudah diterapkan, dan sesuai dengan standar asuhan Kebidanan Pada Persalinan.

Kata kunci: Asuhan kebidanan berkesinambungan, *deep breathing*, nyeri persalinan, kontraksi, *Evidence Based Practice*.

Daftar bacaan : 25 (2020-2026)

**MIDWIFERY PROFESSIONAL EDUCATION PROGRAM FACULTY OF
MIDWIFERY PAYUNG NEGERI INSTITUTE OF HEALTH SCIENCES
*Evidence Based Practice, 23 Juli 2026***

Firly listari

**CONTINUITY OF MIDWIFERY CARE FOR MRS. D WITH THE
APPLICATION OF DEEP BREATHING TO REDUCE LABOR
CONTRACTION PAIN AT PMB HASNA DEWI FITRIA SARI**

x + 143 Pages + 2 Figures + 5 Tables + 6 Appendices

ABSTRACT

Labor pain is a physiological process caused by uterine contractions, cervical dilatation, and fetal descent. If not managed properly, it may increase maternal anxiety and delay labor progress. One evidence-based non-pharmacological intervention to reduce labor pain is the deep breathing technique. This final project aimed to provide Continuity of Care (CoC) midwifery care for Mrs. D from the third trimester of pregnancy through childbirth, newborn care, postpartum care, and family planning, with the application of the deep breathing technique at PMB Hasna Dewi Fitria Sari. This study employed a case study approach. Data were collected through interviews, observations, physical examinations, documentation, and SOAP-based midwifery management. The deep breathing intervention was implemented during the first stage of labor and evaluated using the Numeric Rating Scale (NRS). The results showed a reduction in pain intensity following the application of deep breathing relaxation, with pain scores decreasing to 6 and 5, respectively, which were categorized as moderate pain. In conclusion, the deep breathing technique is an effective non-pharmacological intervention for reducing labor pain and improving maternal comfort during childbirth.

Keywords: Continuity of Care, deep breathing, labor pain, uterine contractions, Evidence-Based Practice.

References : 25 (2020–2026)