

**PROGRAM STUDI PENDIDIKAN PROFESI BIDAN FAKULTAS KEBIDANAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
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**ASUHAN KEBIDANAN BERKESINAMBUNGAN PADA NY.D DENGAN
PENERAPAN EDUKASI PIJAT Kholik UNTUK MENGATASI KEMBUNG
PADA BAYI DI KLINIK PRATAMA TAMAN SARI 11**

xiv + 137 Halaman + 1 Gambar + 8 Tabel + 7 Lampiran

ABSTRAK

Kembung merupakan salah satu gangguan pencernaan yang sering terjadi pada neonatus akibat proses adaptasi saluran cerna yang belum sempurna dan penumpukan gas di dalam usus. Kondisi ini menyebabkan bayi menjadi rewel, sering menangis, mengalami gangguan tidur, dan menyusui kurang optimal. Salah satu intervensi nonfarmakologis berbasis evidence yang dapat dilakukan adalah edukasi pijat kholik kepada ibu sehingga mampu melakukan penanganan mandiri di rumah. Penelitian ini bertujuan memberikan asuhan kebidanan berkesinambungan (*Continuity of Care*) pada Ny. D mulai dari masa kehamilan trimester III, persalinan, bayi baru lahir, nifas, keluarga berencana, serta menerapkan edukasi pijat kholik sebagai *evidence based practice* untuk mengatasi kembung pada bayi. Metode yang digunakan metode studi kasus (case study) dengan pendekatan manajemen kebidanan menggunakan pendokumentasian SOAP. Asuhan dilakukan secara berkesinambungan pada satu klien mulai kehamilan trimester III hingga pelayanan keluarga berencana, sedangkan penerapan evidence based practice dilakukan pada bayi baru lahir melalui empat kali kunjungan neonatus.. Data yang dikumpulkan melalui wawancara (anamnesis), observasi, pemeriksaan fisik, pemeriksaan penunjang, dokumentasi, serta studi kepustakaan. Hasil menunjukkan bahwa seluruh asuhan kebidanan berkesinambungan pada Ny. D berlangsung secara fisiologis tanpa komplikasi. Pada kunjungan neonatus kedua ditemukan bayi mengalami kembung dengan abdomen sedikit distensi dan teraba keras. Setelah diberikan edukasi pijat kholik, teknik menyusui yang benar, membantu bayi bersendawa, dan edukasi ASI eksklusif, keluhan kembung berangsur berkurang. Pada kunjungan selanjutnya abdomen bayi menjadi lunak, bayi tampak lebih nyaman, pola menyusui dan tidur membaik, eliminasi normal, serta ibu mampu melakukan pijat kholik secara mandiri.

Kata kunci : Asuhan kebidanan berkesinambungan, edukasi, pijat kholik, kembung, neonatus.

Daftar Bacaan : 52 (2020-2025)

**MIDWIFERY PROFESSIONAL EDUCATION PROGRAM FACULTY OF
MIDWIFERY PAYUNG NEGERI INSTITUTE OF HEALTH SCIENCES
Evidence Based Practice**

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**CONTINUITY OF MIDWIFERY CARE FOR MRS. D WITH THE
IMPLEMENTATION OF COLIC MASSAGE EDUCATION TO OVERCOME
INFANT BLOATING AT TAMAN SARI II PRIMARY CLINIC**

xiv + 137 Pages + 1 Figure + 8 Tables + 7 Appendices

ABSTRACT

Abdominal bloating is one of the most common digestive problems experienced by neonates due to the immature adaptation of the gastrointestinal tract and the accumulation of gas within the intestines. This condition often causes infants to become fussy, cry excessively, experience sleep disturbances, and breastfeed less effectively. One evidence-based non-pharmacological intervention that can be implemented is providing mothers with education on colic massage techniques, enabling them to manage the condition independently at home. This study aimed to provide Continuity of Care (CoC) midwifery services for Mrs. D, covering the third trimester of pregnancy, childbirth, newborn care, postpartum care, family planning services, and the implementation of colic massage education as an evidence-based practice to manage infant bloating. This study employed a case study design using the midwifery management approach documented through the SOAP format. Continuity of care was provided to a single client from the third trimester of pregnancy until family planning services, while the evidence-based intervention was implemented for the newborn through four neonatal visits. Data were collected through interviews (history taking), observation, physical examinations, supporting examinations, documentation, and literature review. The results showed that all stages of continuity of midwifery care for Mrs. D progressed physiologically without complications. During the second neonatal visit, the infant presented with abdominal bloating characterized by slight abdominal distension and a firm abdomen on palpation. Following education on colic massage, correct breastfeeding techniques, proper burping techniques, and exclusive breastfeeding, the infant's bloating gradually decreased. At subsequent neonatal visits, the infant's abdomen became soft, the infant appeared more comfortable, breastfeeding and sleeping patterns improved, elimination was normal, and the mother was able to perform colic massage independently.

Keywords: Continuity of midwifery care, education, colic massage, abdominal bloating, neonate.

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