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Maria Mirdatul Fadillah

**Asuhan Kebidanan Berkesinambungan Pada Ny.M dengan Penerapan
Teknik Rebozo Untuk Bantu Melancarkan Proses Persalinan di Puskesmas
Kuala Kampar**

xii + 101 Halaman + Tabel + 6 Lampiran

ABSTRAK

Kelancaran persalinan adalah persalinan yang berjalan normal tanpa adanya komplikasi yang muncul dari awal persalinan sampai persalinan berakhir. Upaya untuk memperlancar proses persalinan dapat dilakukan dengan metode komplementer, salah satunya teknik rebozo digunakan selama persalinan untuk membantu otot-otot dan serat otot dalam ligament uterus rileks sehingga mampu mengurangi rasa sakit. Karya Ilmiah ini menerapkan asuhan kebidanan berkesinambungan mulai dari trimester III kehamilan hingga keluarga berencana, dengan fokus penerapan Evidanced-Based Practice Midwifery (EBM) berupa terapi komplementer teknik rebozo untuk manajemen nyeri persalinan dan mempercepat pembukaan. Asuhan ini dilaksanakan di Puskesmas Kuala Kampar pada kala I fase aktif, dari pembukaan 5 cm hingga menjelang persalinan pembukaan 10 cm, dengan durasi 3-5 menit dan dilakukan sebanyak 3 kali. Indikator Keberhasilan diukur menggunakan lembar observasi kemajuan persalinan menggunakan lembar partograf Lembar dan pengurangan rasa nyeri menggunakan Lembar Observasi Visual Analogue Scale (VAS) sebelum dan sesudah intervensi. Analisis data deskriptif digunakan untuk menggambarkan hasil pelaksanaan intervensi. Hasil asuhan kebidanan pada Ny.M (22 tahun, G1P0A0H0) menunjukkan seluruh proses asuhan berjalan baik, teknik rebozo dapat mengurangi rasa nyeri kala I pada Ny.M. Sebelum dilakukan teknik rebozo mengalami nyeri berat, setelah dilakukan teknik rebozo mengalami nyeri ringan. mempercepat kala I persalinan yang berlangsung berlangsung 8 jam 30 menit serta membuat ibu lebih nyaman menghadapi persalinannya. Teknik rebozo terbukti efektif dalam membantu melancarkan proses persalinan. Tenaga kesehatan disarankan menerapkan teknik ini sebagai alternatif manajemen nyeri dan mempercepat proses persalinan.

Kata Kunci : Asuhan Berkesinambungan, Teknik Rebozo, Nyeri
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Midwifery Professional Education Study Program, Faculty of Health and Informatic, Payung Negeri Health Institute Pekanbaru

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Maria Mirdatul Fadillah

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ABSTRACT

Smooth labor is a labor that runs normally without any complications that arise from the beginning of labor until the end of labor. Efforts to facilitate the labor process can be done with complementary methods, one of which is the rebozo technique used during labor to help the muscles and muscle fibers in the uterine ligament relax so as to reduce pain. This Scientific Work applies continuous midwifery care starting from the third trimester of pregnancy to family planning, with a focus on the application of Evidanced-Based Practice Midwifery (EBM) in the form of complementary therapy rebozo technique to manage labor pain and accelerate dilation. This care is carried out at the Kuala Kampar Health Center in the first active phase, from 5 cm dilation to approaching 10 cm dilation labor, with a duration of 3-5 minutes and is done 3 times. Success indicators were measured using labor progress observation sheets using partograph sheets and pain reduction using Visual Analogue Scale (VAS) observation sheets before and after the intervention. Descriptive data analysis was used to describe the results of the intervention implementation. The results of midwifery care for Mrs. M (22 years old, G1P0A0H0) showed that the entire care process went well, the rebozo technique could reduce pain in the first stage of labor in Mrs. M. Before the rebozo technique was performed, she experienced severe pain, after the rebozo technique, she experienced mild pain. accelerated the first stage of labor which lasted 8 hours and 30 minutes and made the mother more comfortable facing her labor. The rebozo technique has been proven effective in helping smooth the labor process. Health workers are advised to apply this technique as an alternative pain management and speed up the labor process.

Keywords : Continuity of care, Rebozo technique, Labor Pain, opening of Labor

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