

**PROGRAM STUDI PROFESI BIDAN FAKULTAS KEBIDANAN INSTITUT
KESEHATAN PAYUNG NEGERI PEKANBARU
EVIDENCE Based Practice, Agustus 2026**

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Asuhan Kebidanan Berkesinambungan Pada Ny. N Dengan Pemberian Air Rebusan Daun Bangun Bangun Untuk Mendukung Produksi Asi Pada Ibu Nifas Di PMB Hj. Murtinawita, Sst

xii+ 94 Halaman + 3 Tabel + 5 Lampiran

ABSTRAK

Masa nifas merupakan periode penting dalam pemulihan ibu dan keberhasilan laktasi. Produksi ASI yang belum optimal pada awal postpartum dapat menghambat pemenuhan kebutuhan nutrisi bayi, sehingga diperlukan upaya pendukung yang tepat. Salah satu intervensi nonfarmakologis yang dapat digunakan adalah pemanfaatan daun bangun-bangun (*Coleus amboinicus*) yang secara tradisional dipercaya membantu meningkatkan produksi ASI. Tujuan karya tulis ilmiah ini adalah melaksanakan dan mendokumentasikan asuhan kebidanan berkesinambungan pada Ny. N dengan pemberian air rebusan daun bangun-bangun untuk mendukung produksi ASI di PMB Hj. Murtinawita, SST. Metode yang digunakan adalah studi kasus dengan pendekatan asuhan kebidanan berkesinambungan sejak kehamilan, persalinan, bayi baru lahir, nifas hingga pelayanan kontrasepsi. Pada masa nifas diterapkan *evidence based practice* berupa pemberian air rebusan daun bangun-bangun sebanyak 250 ml pagi dan 250 ml sore selama 4 hari. Evaluasi dilakukan melalui pemantauan frekuensi menyusui, BAK dan BAB bayi, serta volume ASI. Hasil menunjukkan peningkatan frekuensi menyusui dari 6 menjadi 8 kali/24 jam, BAK dari 4 menjadi 6 kali/24 jam, BAB dari 2 menjadi 3 kali/24 jam serta volume ASI dari 20 ml menjadi 50 ml. Kondisi ibu dan bayi selama pemantauan tetap baik. Dapat disimpulkan bahwa pemberian air rebusan daun bangun-bangun menunjukkan hasil positif dalam mendukung peningkatan produksi dan kelancaran pengeluaran ASI pada Ny. N. Intervensi ini dapat menjadi salah satu upaya pendukung yang disertai menyusui secara teratur, pemenuhan nutrisi dan cairan, istirahat cukup, serta dukungan psikologis.

Kata kunci: *Continuity of Care* (CoC) , daun bangun-bangun, produksi ASI, ibu nifas.

Daftar Pustaka : 16 (2020-2026)

**MIDWIFE PROFESSION STUDY PROGRAM FACULTY OF MIDWIFERY INSTITUT
KESEHATAN PAYUNG NEGERI PEKANBARU
*Evidence-Based Practice, August 2026***

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Continuity of Midwifery Care for Mrs. N Through the Administration of Boiled Bangun-Bangun Leaf Water to Support Breast Milk Production During the Postpartum Period at the Independent Midwifery Practice of Hj. Murtinawita, SST

xii + 94 schemes + 3 table + 5 appendixes

ABSTRACT

The postpartum period is an important phase for maternal recovery and successful lactation. Suboptimal breast milk production in the early postpartum period may interfere with meeting the nutritional needs of infants, requiring appropriate supportive interventions. One non-pharmacological intervention that can be used is the utilization of bangun-bangun leaves (Coleus amboinicus), which are traditionally believed to help increase breast milk production. This scientific paper aimed to implement and document continuous midwifery care (Continuity of Care) for Mrs. N through the administration of boiled bangun-bangun leaf water to support breast milk production at the Midwifery Independent Practice of Hj. Murtinawita, SST. The method used was a case study with a continuous midwifery care approach covering pregnancy, childbirth, newborn care, postpartum care, and contraceptive services. During the postpartum period, an evidence-based practice intervention was implemented by administering 250 ml of boiled bangun-bangun leaf water in the morning and 250 ml in the afternoon for four consecutive days. Evaluation was conducted by monitoring breastfeeding frequency, infant urination and defecation frequency, and breast milk volume. The results showed an increase in breastfeeding frequency from 6 to 8 times per 24 hours, urination from 4 to 6 times per 24 hours, defecation from 2 to 3 times per 24 hours, and breast milk volume from 20 ml to 50 ml. The mother and infant remained in good condition throughout the intervention. It can be concluded that the administration of boiled bangun-bangun leaf water showed positive results in supporting increased breast milk production and facilitating milk expression in Mrs. N. This intervention may serve as a supportive approach alongside regular breastfeeding, adequate nutrition and fluid intake, sufficient rest, and psychological support.

Keywords: *Continuity of Care (CoC), bangun-bangun leaves, breast milk production, postpartum mother.*

Bibliography : *16 (2020-2026)*