

**PROGRAM STUDI PENDIDIKAN PROFESI BIDAN FAKULTAS
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**Asuhan Kebidanan Berkesinambungan Pada Ny. T Dengan Pemberian
Aromaterapi Lavender Untuk Mengurangi Nyeri Persalinan Di Praktik
Mandiri Bidan Hj. Zurrahmi**

xiv + 135 Halaman + 3 Tabel + 16 Lampiran

ABSTRAK

Nyeri persalinan merupakan masalah fisiologis yang dialami oleh 85-90% ibu bersalin di seluruh dunia. Di Pekanbaru, 68% persalinan memerlukan manajemen nyeri. Penelitian berbasis *Evidence-Based Practice* (EBP) ini bertujuan untuk menganalisis efektivitas aromaterapi lavender dalam mengurangi nyeri persalinan yang diintegrasikan dalam model *Continuity of Care* (COC). Studi kasus ini dilakukan pada Ny. T, seorang primigravida berusia 19 tahun, di Praktik Mandiri Bidan Hj. Zurrahmi. Intervensi aromaterapi lavender diberikan melalui *diffuser* selama persalinan kala I, dan tingkat nyeri diukur menggunakan *Visual Analog Scale* (VAS) sebelum dan sesudah perlakuan. Hasil menunjukkan penurunan skala nyeri yang konsisten. Sebagai contoh, pada fase aktif dengan pembukaan serviks 6 cm, skala nyeri turun dari 7 menjadi 5. Pada fase transisi, skala nyeri turun dari 9 menjadi 8 setelah intervensi. Pemberian aromaterapi dilakukan sebanyak 11 kali selama proses persalinan. Asuhan kebidanan berkesinambungan yang diberikan meliputi masa kehamilan, persalinan, nifas, bayi baru lahir, hingga keluarga berencana, seluruhnya berjalan tanpa komplikasi. Persalinan berlangsung spontan, bayi lahir sehat (BB 3600 gram, APGAR 8/9), dan ibu memilih kontrasepsi suntik 3 bulan. Kesimpulannya, penerapan aromaterapi lavender dalam kerangka COC terbukti efektif menurunkan nyeri persalinan, meningkatkan kenyamanan, dan mendukung pengalaman persalinan yang positif.

Kata Kunci: Asuhan Kebidanan Berkesinambungan, Aromaterapi Lavender, *Evidence-Based Practice*, Nyeri Persalinan.

**MIDWIFE PROFESSIONAL EDUCATION STUDY PROGRAM
FACULTY OF HEALTH AND INFORMATICS
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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**CONTINUOUS OBSTETRIC CARE FOR MRS. T WITH LAVENDER
AROMATHERAPY TO REDUCE LABOR PAIN IN INDEPENDENT
PRACTICE MIDWIFE HJ. ZURRAHMI**

xiv + 135 schemes + 3 tables + 16 appendixes

ABSTRACT

Labor pain is a physiological problem experienced by 85-90% of mothers worldwide. In Pekanbaru, 68% of births require pain management. This *Evidence-Based Practice* (EBP)-based study aims to analyze the effectiveness of lavender aromatherapy in reducing labor pain integrated in the *Continuity of Care* (COC) model. This case study was conducted on Mrs. T, a 19-year-old primigravida, at the Independent Practice of Midwife Hj. Zurrahmi. Lavender aromatherapy interventions were administered through a *diffuser* during period I labor, and pain levels were measured using the *Visual Analog Scale* (VAS) before and after treatment. The results showed a consistent decrease in the pain scale. For example, in the active phase with a 6 cm cervical opening, the pain scale drops from 7 to 5. In the transition phase, the pain scale drops from 9 to 8 after the intervention. Aromatherapy was administered 11 times during the delivery process. The continuous obstetric care provided includes pregnancy, childbirth, postpartum period, newborns, and family planning, all of which run without complications. Delivery takes place spontaneously, the baby is born healthy (BB 3600 grams, APGAR 8/9), and the mother chooses injectable contraception at 3 months. In conclusion, the application of lavender aromatherapy within the framework of COC has been shown to be effective in lowering labor pain, increasing comfort, and supporting a positive childbirth experience.

Keywords: Continuous Midwifery Care, Lavender Aromatherapy, *Evidence-Based Practice*, Labor Pain.