

**PROGRAM STUDI DIPLOMA III KEBIDANAN FAKULTAS
KESEHATAN DAN INFORMATIKA INSTITUT KESEHATAN PAYUNG
NEGERI PEKANBARU**

Studi Kasus, 10 Juli 2025

Dewi Junia Astuti

**Asuhan Kebidanan Pada Ny. S dengan Kram Kaki Pada Trimester III di PMB
Lilis Sugianti S.Tr.Keb**

iv + 64 Halaman + 1 Tabel + 9 Lampiran

ABSTRAK

Kram kaki merupakan keluhan umum pada ibu hamil trimester III akibat perubahan fisiologis seperti peningkatan tekanan uterus dan gangguan sirkulasi darah. Studi kasus ini bertujuan untuk memberikan asuhan kebidanan menggunakan pendekatan SOAP pada Ny. S (32 tahun, G2P1A0H1) yang mengalami kram kaki di PMB Lilis Sugianti, S.Tr.Keb. Metode yang digunakan adalah studi kasus dengan teknik wawancara, observasi, pemeriksaan fisik, serta intervensi nonfarmakologis berupa rendam kaki air hangat, pijat ringan, dan senam hamil. Hasil menunjukkan adanya penurunan intensitas nyeri dari skala 7 (nyeri berat) menjadi skala 1 (nyeri ringan) berdasarkan Pain Rating Scale. Asuhan dilakukan selama enam hari dan terdokumentasi sistematis dalam format SOAP. Kesimpulannya, intervensi nonfarmakologis terbukti efektif menurunkan intensitas kram kaki, meningkatkan kenyamanan, serta memperkuat kemandirian ibu dalam pengelolaan keluhan. Pendekatan ini dapat diterapkan dalam pelayanan kebidanan berbasis bukti untuk meningkatkan kualitas hidup ibu hamil.

Kata Kunci : Kehamilan, Kram Kaki, Trimester III

Daftar Bacaan : 27 (2018-2025)

**DIPLOMA III MIDWIFERY STUDY PROGRAM FACULTY OF HEALTH
AND INFORMATICS INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

Case Study, 10 Juli 2025

Dewi Junia Astuti

***Midwifery Care for Mrs. S with Leg Cramps in the Third Trimester at PMB Lilis
Sugianti S.Tr.Keb***

v + 64 schemes+ 1 table + 9 appendixes

ABSTRACT

Leg cramps are a common complaint in pregnant women in the third trimester due to physiological changes such as increased uterine pressure and impaired blood circulation. This case study aims to provide midwifery care using the SOAP approach to Mrs. S (32 years old, G2P1A0H1) who experienced leg cramps at PMB Lilis Sugianti, S.Tr.Keb. The method used was a case study with interview techniques, observation, physical examination, and non-pharmacological interventions such as warm water foot soaks, light massage, and pregnancy exercises. The results showed a decrease in pain intensity from a scale of 7 (severe pain) to a scale of 1 (mild pain) based on the Pain Rating Scale. Care was carried out for six days and systematically documented in SOAP format. In conclusion, non-pharmacological interventions were proven effective in reducing the intensity of leg cramps, increasing comfort, and strengthening maternal independence in managing complaints. This approach can be applied in evidence-based midwifery services to improve the quality of life of pregnant women.

Keywords : Pregnancy, Leg Cramps, Trimester III

References : 27 (2018-2025)