

ABSTRACT

Continuity of Midwifery Care (CoMC) is a continuous midwifery approach that integrates care across pregnancy, childbirth, the postpartum period, and newborn care. This case report aimed to describe the implementation of CoMC for Mrs. F (G1P0A0), who received care starting at 36 weeks' gestation at TPMB "S", Cimahi, Indonesia, during March 18–May 6, 2025. A case-study design was applied using SOAP documentation, clinical monitoring, counselling/health education, and psychological screening with PASS. At the third-trimester visit, the main complaint was low back pain, managed through education on third-trimester discomforts along with recommendations for warm compresses and the rebozo technique. Labour progressed spontaneously and safely; stage I lasted 6 hours and stage II lasted 43 minutes, and a healthy newborn was delivered at 20:43 (birth weight 3400 g; length 50 cm). Postpartum and newborn care emphasized surveillance of uterine involution and bleeding, breastfeeding support and exclusive breastfeeding, danger-sign education, and neonatal follow-ups including SHK screening and scheduled immunizations. Overall, CoMC was implemented successfully in this case, with both mother and baby remaining healthy and no serious complications, supported by active family involvement, particularly the husband.

Keywords: continuity of midwifery care, third-trimester pregnancy, normal labour, postpartum care, newborn care, family support

ABSTRAK

Continuity of Midwifery Care (CoMC) merupakan pendekatan asuhan kebidanan berkesinambungan yang mencakup masa kehamilan, persalinan, nifas, hingga bayi baru lahir. Laporan studi kasus ini bertujuan menggambarkan pelaksanaan CoMC pada Ny. F (G1P0A0) yang mulai mendapatkan asuhan sejak usia kehamilan 36 minggu di TPMB "S" Kota Cimahi pada periode 18 Maret–6 Mei 2025. Metode yang digunakan adalah studi kasus dengan pendokumentasian SOAP, pemantauan klinis, pemberian KIE/edukasi, serta skrining psikologis menggunakan PASS. Pada kunjungan trimester III, keluhan utama nyeri pinggang ditangani melalui edukasi ketidaknyamanan trimester III serta anjuran kompres hangat dan teknik rebozo. Persalinan berlangsung spontan dan aman; kala I berlangsung 6 jam dan kala II 43 menit, bayi lahir pukul 20.43 WIB dengan kondisi sehat (berat badan 3400 gram dan panjang badan 50 cm). Asuhan masa nifas dan neonatus dilakukan melalui pemantauan involusi dan perdarahan, dukungan menyusui dan ASI eksklusif, edukasi tanda bahaya, serta tindak lanjut neonatus termasuk skrining SHK dan pemberian imunisasi sesuai jadwal. Secara keseluruhan, penerapan CoMC pada kasus ini berjalan baik dengan kondisi ibu dan bayi sehat tanpa masalah serius, didukung keterlibatan keluarga terutama suami.

Kata kunci: continuity of midwifery care (comc), asuhan kebidanan berkesinambungan, kehamilan trimester iii, persalinan normal, masa nifas, bayi baru lahir