

ABSTRAK

Asuhan kebidanan berkesinambungan (*Continuity of Care/COC*) merupakan layanan yang esensial dalam upaya menurunkan Angka Kematian Ibu (AKI) dan Angka Kematian Bayi (AKB). Asuhan ini menggunakan pendekatan studi kasus dengan dokumentasi SOAP pada Ny. E, G2P1P0A0AH1 UK 37-38 Minggu, di BPM Eka Sriwahyuni dari bulan April hingga Juli 2025. Asuhan yang diberikan meliputi kunjungan kehamilan (trimester I-III), persalinan, nifas, neonatus, dan keluarga berencana. Pada masa persalinan, Ny. E menerima terapi komplementer berupa penggunaan *gymball*, dan persalinan berlangsung normal tanpa penyulit pada usia kehamilan 37-40 minggu. Bayi lahir dengan jenis kelamin laki-laki, memiliki Berat Badan Lahir (BBL) 3.500 gram dan Panjang Badan (PB) 52 cm. Asuhan pada bayi meliputi pemberian ASI eksklusif, salep mata eritromisin, Vitamin K1, dan imunisasi Hepatitis B (HB0) sesuai prosedur standar asuhan kebidanan pada bayi baru lahir. Selama masa nifas, Ny. E merasakan kontraksi normal uterus yang menandakan proses pemulihan. Setelah 63 hari pascapersalinan, ibu memilih metode kontrasepsi suntik 3 bulan.

Kata Kunci: *,Continuity of Care, Terapi Komplementer GymBall*

ABSTRAK

Continuous Midwifery Care (Continuity of Care/COC) is a crucial service aimed at reducing the Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR). This case study documents the implementation of continuous care for a client, Mrs. E, G2P1P0A0AH1 UK 37-38 Weeks, at BPM Eka Sriwahyuni from April to July 2025. The care was documented using the SOAP approach, covering all stages of the maternity cycle: pregnancy (trimesters I-III), labor, postpartum, neonatal care, and family planning. The client underwent a normal, uncomplicated delivery at 37-40 weeks of gestation, with the support of complementary therapy using a gym ball. The healthy male infant was born weighing 3,500 grams and measuring 52 cm. Neonatal care followed standard protocols, including exclusive breastfeeding, erythromycin eye ointment, Vitamin K1, and Hepatitis B (HB0) immunization. The mother's postpartum recovery progressed well, marked by normal uterine contractions. After 63 days, she opted for a 3-month injectable contraceptive. The comprehensive and continuous care provided throughout the study period successfully ensured positive health outcomes for both the mother and the newborn.

Keywords: *Continuity of Care, Complementary Therapy GymBall*