

## CONTINUITY OF CARE Mrs.R DIFFERENCE OF TFU WITH PREGNANCY AGE AT TUTUN PRATAMA CLINIC SEHATI IN 2024

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### ABSTRACT

This study aims to provide continuous midwifery care for pregnant women, maternity, newborns, postpartum and family planning on an ongoing basis or Continuity of Care (COC). The subjects taken in this study were physiological pregnant women TM III at the first tutun sehat clinic on Mrs. R 24 years old G1P0A0. The method used in this study uses 7 Varney steps based on Hellen Varney including assessment, data interpretation of problems and needs, potential problems, action plans, implementation, evaluation and documentation using the SOAP method. Data collection techniques using primary data include interviews, observation, examination. Based on the results of data research, it can be concluded that in carrying out continuous midwifery care Continuity of Care (CoC) there is no gap between theory and practice.

**Keywords:** *SDGs, Continuity Of Care, fundus uteri height mismatch with gestational age.*

### INTRODUCTION

The goal of health development is for everyone to have the ability to live with optimal health. Public health can be measured as an indicator of successful development. In this case, there are several indicators used to measure healthy and prosperous life, especially related to maternal and child mortality rates, and coverage of essential health services. This is stated in the National Commitment outlined in the Sustainable Development Goals (SDGs). (Ministry of PPN, 2020).

WHO reported a global maternal mortality rate of 287,000 in 2020. The maternal mortality rate (MMR) in ASEAN is 235 per 100,000 live births. According to (Ministry of Health of the Republic of Indonesia, 2022) the maternal mortality rate (MMR) decreased by 3,572 people in 2022, and the neonatal mortality rate (IMR) was 18,281 people in 2022, the infant mortality rate (IMR) was 2,446 people. The results of the report from (Deli Serdang Health Office, 2022)

Maternal mortality rate (MMR) is 16 and neonatal mortality rate (IMR) is 25, infant mortality rate (IMR) is 31.

Midwives use midwifery management to provide midwifery care through several steps of midwifery management. This is how midwives think about their problems and make clinical decisions. Every care taken must be recorded correctly, amply, clearly, and logically, so that a mechanism is needed to keep record, (Sab'ngatum, 2022). By using the 7 steps of Helen Varney in 1997 which includes Data Assessment, Data Interpretation Diagnosis of Problems and Needs, Identification of Potential Problems, Immediate Action, Intervention, Implementation, and Evaluation (Munandar, 2020). Continuity of care in midwifery is a series of continuous service activities that are sustainable and comprehensive starting from pregnancy, childbirth, postpartum, newborn, and family planning services. It connects women's specific health needs and each person's personal circumstances, (Aprianti et al., 2023).

## METHOD

The method used for comprehensive care on Mrs. R is descriptive research, which systematically describes a phenomenon as it is. The type used is a case study or case study, which is an observational study to obtain a description of health phenomena or current cases related to life, especially at the limit of context and unclear phenomena. In this case, the author wants to describe midwifery care on Mrs. R.

This study was conducted using the care method starting from pregnancy, delivery, newborn, postpartum and family planning. This continuous midwifery care uses 7 Varney steps based on Hellen Varney including assessment, problem analysis and diagnosis, action plan, implementation, evaluation and documentation using the SOAP method. Data collection techniques used in this study included primary and secondary data.

Primary data in the form of interviews were conducted to obtain complete and accurate information through answers about the problems that occur in mothers. Interviews were conducted using structured interview guidelines. And Observation / Observation / Examination / Measurement is a method of collecting data through an observation using the five senses and tools. While secondary data is based on medical record documents.

## RESULT AND DISCUSSION

### 1. Pregnancy

Fundus uteri height is done every visit. Fundus uteri height can be used to determine gestational age because the growth of the uterus can be achieved and continuous, (Dachlan 2021: 1, 2021).

Determine the gestational age from the height of fundus uteri (TFU) according to Spiegelberg: 22-28 weeks : 24-25 cm above the symphysis, 28 weeks: 26.7 cm above the symphysis, 30 weeks: 29.5-30 cm above the symphysis, 32 weeks: 31 cm above the

symphysis, 34 weeks: 31 cm above the symphysis, 36 weeks: 32 cm above the symphysis, 38 weeks: 33 cm above the symphysis, 40 weeks: 37.7 cm above the symphysis.

There are several ways to measure the height of the fundus uteri, as stated by some people: Spiegelberg measured the height of the fundus uteri from the symphysis, Mac Donald stated that the modification of Spiegelberg, the gestational age is 8 months; and Johnson-Tausak formulated determining the estimated fetal weight (TFU-12)X 155, (Dachlan 2021:1,2021).

November 12, 2023, Mrs. R said the mother's complaints in the 1st trimester were severe nausea and vomiting, and no appetite, in the 2nd trimester the mother's nausea and vomiting had decreased, and in the 3rd trimester the mother said she often urinated at night and there were no other complaints. In the examination results obtained Tfu 26 cm, with TBBJ 2,170 gr. The mother is recommended to consume adequate nutrition and high fat to increase fetal weight and encourage the mother to exercise lightly and tell the mother to do an ultrasound. On November 17, 2023, the mother did an ultrasound obtained TBBJ 2,100 gr.

The second visit was carried out on November 21, obtained from the results of the Tfu examination 28 cm with a TBBJ of 2,480 gr. The mother was recommended to continue to consume adequate nutrition and high fat, still

encourage the mother to exercise, and encourage the mother to have another ultrasound, the mother did an ultrasound on November 28, 2023, with the results of TBBJ 2,900 gr. And the mother is advised not to consume high fat, and consume more vegetables and fruit.

The third visit was carried out on December 03, 2023 with the results of Tfu 30 cm with TBBJ 2,790 gr. And the mother is recommended to do light exercise, frequent squats and body relationships so that the baby's head enters the pelvis faster.

In this care, the author concludes that there is a gap in theory and practice found in Mrs. R because on the results of the visit it was found that the TFU was not in accordance with pregnancy and the TBBJ was smaller than the gestational age. TFU is not in accordance with pregnancy and TBBJ is smaller than gestational age. At the first visit, the TFU was found to be 26 cm with a gestation period of 35 weeks 2 days which should be according to the theory of 32 cm. and TBBJ 2,170 gr which should be in theory 2,500 gr.

## 2. Labor

Labor is the process of opening and thinning the cervix so that the fetal head can descend into the birth canal. Normal birth occurs when the mother has uterine contractions, namely when the pregnancy is full term, which is between 37 and 42 weeks, without any complications, (bidin A, 2017).

On December 13, 2023 at 06:00 am, the mother came to the clinic with complaints of abdominal pain radiating to the waist, and was regular. On examination, it was found that the opening was 7 cm. At 09:00 a.m., the water broke and the opening was complete. Mother was pinpim meneran. At 09:30 am, the baby was born spontaneously. With a body weight of 3. 200 grams, with APGAR Score 10. male gender. And the placenta was born complete, there were no complications during monitoring.

In this care, it was found that there was no gap in theory and practice, the progress of labor had been carried out with a partograph, did not cross the alert line and 58 steps of labor care had been carried out on Mrs. R Diklinik Pratama Tutun sehat.

### 3. Postpartum Period

The puerperium is the period that the mother will go through after childbirth, which begins after the birth of the baby and placenta, after the end of stage IV during labor, and ends for six weeks or forty-two days.

The mother said that she still felt a little nauseous and had defecated 1 time. The discomfort experienced was caused by uterine contractions which usually lasted 2-3 days postpartum. At the 6-hour postpartum visit to Mrs. R, the physical examination results were obtained, namely the mother's condition was good, uterine contractions were good, TFU was 2 fingers below the center, round and hard consistency, rubra lochea. The postpartum

period was visited 4 times, namely 6 hours postpartum, 6 days visit, 2 weeks visit, and 6 weeks visit. In addition to conducting physical examinations, the author also provides counseling such as personal hygiene, adequate rest, nutrition for nursing mothers, breast care and family planning information.

In this postpartum care, there was no gap between theory and practice.

### 4. Newborn

Newborns (Neonates) are newborn babies who experience the birth process between the ages of 0 and 28 days. Normal newborns are born full term.

Mrs. R's baby was born normal with the male sex crying strong, active. movements good rooting reflex, normal breathing 34X / M, heart rate 120X / M. After a physical examination of the newborn, IMD is carried out for 1 hour after the baby is born to avoid hypothermia in the baby, stabilize the heart rate and breathing in the baby and create a closer feeling between mother and baby. After the baby is born, give vit K injection, eye salve and physical examination. All newborns should be immunized with vit K 1mg intramuscularly in the left thigh, the purpose is to prevent bleeding in infants, after one hour of vit K administration then continue with the administration of Hb0 in the right thigh, the purpose is to prevent hepatitis in infants.

In this newborn care, it was found that there was no gap between theory and practice.

## 5. Family Planning

Contraceptives are devices used to avoid or prevent pregnancy due to the meeting between a woman's mature egg and a man's sperm cell that causes pregnancy. The term contraception comes from the word "kontra", which means prevention or against. Ministry of Health 2021 (Bidin A, 2017a).

In this case Mrs.R has chosen the contraceptive that she will use, namely Coitus Interruptus so that the care provided focuses on Coitus interruptus contraception.

Counseling given to mothers includes how to use, benefits and failures. Counseling is a communication process between a person (counselor) and another person (patient).

The counseling given to Mrs.R aims to increase individual effectiveness in making the right decisions.

## CONCLUSION

In carrying out this case study the author has provided midwifery care in a continuity of care to clients from pregnancy to birth control. The care that has been given to the client is:

1. Midwifery care during pregnancy Tfu mismatch with gestational age on Mrs.R has been carried out because there is a gap between theory and practice of TFU and
- 2.

3. TBBJ not in accordance with gestational age.
4. Midwifery care in the delivery mother has been carried out, Mrs. R gave birth normally male sex, BW 3200 grams, PB 49 cm, the baby cried strongly and moved actively.
5. Midwifery care in the postpartum period Mrs.R went well, the mother did not experience any danger signs in the postpartum period. Mother wants to carry out the recommendations that have been given for maternal health in the puerperium.
6. Midwifery care for spontaneous newborns on December 13, 2023 at 09:30 am immediately assess the apgar score on the baby while drying the baby.
7. All obstetric care that has been provided during pregnancy, labor, puerperium, newborn, and family planning has been documented.

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