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MIDWIFERY CARE MANAGEMENT FOR MRS. S WITH SECOND DEGREE PERINEAL TEAR AT SAM CLINIC 2026

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ABSTRACT

Background: Midwifery care for pregnant women is essential to maintain maternal and fetal health and to prevent complications during pregnancy. During pregnancy, women experience various physiological and psychological changes that may cause discomfort, such as nausea and vomiting, fatigue, back pain, and sleep disturbances. If these conditions are not properly managed, they can reduce the quality of life and increase the risk of complications. In practice, not all pregnant women receive comprehensive and continuous midwifery care according to established standards. This can result in suboptimal management of complaints and delayed detection of complications. The problem in this study is how midwifery care is implemented in managing physiological complaints and preventing complications in pregnant women.**Objective:** This study aims to describe the implementation of midwifery care for pregnant women at SAM Primary Clinic based on standard care guidelines.**Methods:** This study used a case study method with a descriptive approach. The subject was a pregnant woman who received care at SAM Primary Clinic. Data were collected through assessment, interviews, physical examinations, and documentation. The care included health education, nutritional counseling, recommendations for adequate rest, and routine antenatal examinations. Data analysis was conducted descriptively to explain the care process and outcomes.**Results:** The results showed that pregnant women experienced common physiological complaints such as nausea and vomiting, fatigue, back pain, and sleep disturbances, especially in the first and second trimesters. These complaints were managed through health education, balanced nutrition, adequate rest, and regular antenatal care. Monitoring of maternal and fetal conditions showed normal results with no complications during the observation period.**Conclusion:** Comprehensive and continuous midwifery care using a case study approach is effective in improving maternal and fetal health, managing discomfort, and preventing pregnancy complications.

Keywords: midwifery care,pregnant women, perineal tear, second-degree

INTRODUCTION

Pregnancy is a natural physiological process experienced by women, involving significant physical and psychological changes. Although generally considered a normal condition, pregnancy has the potential to develop complications that may endanger both the mother and the fetus if not properly managed.(Dewi Sartika Hutabarat et al. 2023) Therefore, comprehensive and continuous midwifery care is essential to ensure optimal maternal and fetal health outcomes. Midwifery care during pregnancy, commonly referred to as antenatal care, plays a crucial role in monitoring the progress of pregnancy, detecting early signs of complications, and providing timely and appropriate interventions. Quality antenatal care includ es regular physical examinations, health education, nutritional counseling, and psychological support. These services aim not only to maintain maternal health but also to support optimal fetal growth and development.(Ulya, Herlina, and Yunika 2025)

In practice, many pregnant women experience common physiological discomforts such as nausea and vomiting, fatigue, back pain, and sleep disturbances. Although these conditions are considered normal, they still require proper management and education to prevent negative impacts on the mother's well-being. Midwives play an important role in providing education, counseling, and support to help pregnant women cope effectively with these discomforts.Clinic SAM is one of the primary healthcare facilities providing midwifery services, including antenatal care. The implementation of standardized midwifery care in such facilities is expected to improve the quality of maternal health services and reduce the risk of pregnancy-related complications. Based on this background, this study aims to examine the implementation of midwifery care at SAM Primary Clinic in supporting maternal and fetal health during pregnancy.(Herman, Fitriah, and Ganing 2025)

METHODS

This study employed a descriptive research design using a case study approach to explore in depth the implementation of midwifery care for pregnant women at SAM Primary Clinic. The case study approach was chosen to provide a comprehensive and systematic understanding of the midwifery care process, which includes assessment, diagnosis, planning, implementation, and evaluation in accordance with standard midwifery care principles (Nainggolan 2022)

The subject of this study was a pregnant woman who received antenatal care services at the clinic. The selection of the subject was based on the relevance of the case to the study objectives and the availability of complete data during the care process.(Macedo *et al.*, 2024)

Data were collected using multiple techniques to ensure data validity and reliability. These included in-depth interviews, direct observation, physical examination, and documentation. Interviews were conducted to obtain subjective data, such as the patient's complaints, medical history, and daily habits Direct observation and physical(Damayanty S et al. 2025)

examinations were carried out to obtain objective data regarding maternal and fetal conditions, including vital signs and fundal height measurements. Documentation was used to support and validate all findings obtained during the care process.(Meldi Yana Baene et al. 2022)
The instruments used in this study included interview guidelines, observation sheets, standard physical examination tools, and measuring tapes for fundal height assessment. All instruments were used in accordance with standard midwifery procedures.(Simanullang 2024)
The procedure of this study followed the standard midwifery care management process, which consists of: (1) data collection, (2) data interpretation, (3) identification of actual and potential problems, (4) identification of needs, (5) planning of care, (6) implementation of interventions, and (7) evaluation of outcomes. All interventions provided were based on established midwifery care standards (Dwi Retno Handayani, Fadhila Arienda Humaira, and Reviana 2025)
Data analysis was conducted descriptively by comparing the findings obtained during the case study with existing theories and standards of midwifery care. The results were then presented in a narrative form to clearly describe the implementation of care and its outcomes.(Bahren Nortajulu, Susianti 2020)

RESULT AND DISCUSSION

1. Data Collection (Assessment)

Data were obtained through interviews, observation, and physical examination at SAM Primary Clinic. Subjective data revealed that Mrs. S, 36 years old (G1P0A0), complained of pain in the perineal area after delivery. Objective findings showed stable vital signs, normal uterine contractions, normal fetal heart rate during labor, and a second-degree perineal tear involving the vaginal mucosa and perineal muscles.(Herman, Fitriah, and Ganing 2025)

2. Data Interpretation

Based on the collected data, the condition was interpreted as a normal postpartum state with a second-degree perineal tear requiring proper management to prevent complications(Veftisia, Kunci, and Persalinan 2025).

3. Identification of Actual and Potential Problems

The actual problem identified was a second-degree perineal tear accompanied by perineal pain. Potential problems included infection, delayed wound healing, and postpartum hemorrhage.

4. Identification of Needs

The mother required wound suturing, pain management, education on perineal hygiene, adequate nutrition, and monitoring of postpartum conditions.

5. Planning of Care

The care plan included suturing the perineal tear using aseptic techniques, monitoring vital

signs and bleeding, providing analgesia, educating on personal hygiene, encouraging early mobilization, and ensuring nutritional support.

6. Implementation

All interventions were implemented according to standard midwifery procedures. Suturing was performed appropriately, and the mother received continuous monitoring and education.

7. Evaluation

Evaluation results showed improvement in the mother's condition. Pain decreased, the wound remained clean and dry, and no complications such as infection or hemorrhage were observed.

DISCUSSION

The findings of this study are consistent with current evidence that second -degree perineal tears are common in vaginal delivery and require appropriate management to prevent complications. According to research by proper suturing techniques and aseptic procedures significantly reduce the risk of infection and accelerate wound healing in postpartum mothers.(Marthe D. Macedo et al. 2024)

Effective pain management and perineal care education provided in this study are supported by who stated that postpartum education on hygiene and self-care improves maternal recovery and reduces discomfort after delivery.(Uustal1* and Edqvist2 2025) Additionally, early mobilization and adequate nutrition play an important role in enhancing tissue repair and preventing postpartum complications.(A and Siafarikas n.d.)

The application of Helen Varney's midwifery management approach in this case aligns with findings from which emphasize that a systematic and comprehensive care process—starting from assessment to evaluation—ensures better maternal outcomes and minimizes risks(Marthe Dalevoll Macedo et al. 2024).

Furthermore, highlight that continuous monitoring of postpartum mothers, including vital signs and uterine involution, is essential to detect early signs of complications such as hemorrhage and infection. This is consistent with the care provided in this study, where no complications were observed during the evaluation period.(Khairunnisa Situmorang 2024)

Overall, the integration of evidence-based midwifery care and the application of Helen Varney's 7-step management model proved effective in managing second -degree perineal tears, promoting healing, ensuring maternal comfort, and preventing postpartum complications

CONCLUSIONS

Based on the results and discussion of the case study on midwifery care for Mrs. S, 36 years old, with a second-degree perineal tear at SAM Primary Clinic, it can be concluded that the implementation of midwifery care has been carried out in accordance with standard procedures and the seven steps of midwifery management according to Helen Varney. The research problem regarding how midwifery care is implemented in managing second -degree

perineal tears has been answered through a comprehensive care process, starting from assessment, diagnosis, planning, implementation, and evaluation.

The findings showed that appropriate management, including suturing of the perineal tear using aseptic techniques, pain management, perineal hygiene education, and continuous postpartum monitoring, contributed to optimal maternal recovery. The patient's condition improved significantly, as evidenced by reduced pain, proper wound healing, and the absence of complications such as infection and postpartum hemorrhage. Therefore, comprehensive and continuous midwifery care is proven to be effective in managing second-degree perineal tears and ensuring maternal safety.(Uustal and Edqvist 2025)(Fernández-Fernández and de Medina-Moragas 2024)

SUGGESTION

Midwives are expected to continue improving the quality of care by consistently applying standard midwifery care and the Varney management approach, especially in handling perineal tears to prevent complications. Health facilities should support the availability of adequate equipment and continuous training for midwives to enhance their clinical skills.

For future researchers, it is recommended to conduct studies with a larger number of subjects or different research designs to obtain more comprehensive and generalizable results. Additionally, further research can focus on innovative interventions in perineal wound care to accelerate healing and improve maternal comfort.

For patients and families, it is suggested to increase awareness of the importance of maintaining perineal hygiene, adequate nutrition, and adherence to postpartum care recommendations to support faster recovery and prevent complications.

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