

COMPREHENSIVE MIDWIFERY CARE FOR MRS. N FROM THE THIRD TRIMESTER OF PREGNANCY TO FAMILY PLANNING SERVICES AT PMB MAULIDIA WINANDA, S. Keb, SUBULUSSALAM CITY

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ABSTRACT

Maternal and neonatal mortality remain significant public health challenges in Indonesia. Comprehensive midwifery care is an essential strategy to improve maternal and newborn health outcomes through continuous care during pregnancy, childbirth, postpartum, neonatal, and family planning periods. This case study aimed to provide comprehensive midwifery care for Mrs. N from the third trimester of pregnancy until the selection of a contraceptive method at PMB Maulidia Winanda, S.Keb, Subulussalam City. The method used was a descriptive case study with continuity of care. Midwifery care was provided through assessment, diagnosis, planning, implementation, and evaluation based on the standards of antenatal care, normal delivery care, postpartum care, newborn care, and family planning services. The results showed that Mrs. N experienced a normal third-trimester pregnancy, underwent spontaneous vaginal delivery without complications, had a normal postpartum period, delivered a healthy newborn who adapted well to extrauterine life, and successfully selected an appropriate contraceptive method after counseling. Comprehensive midwifery care contributed to maintaining the health and well-being of both mother and baby and supported informed decision-making regarding family planning.

Keywords: Comprehensive Midwifery Care, Pregnancy, Childbirth, Postpartum, Newborn, Family Planning

INTRODUCTION

Maternal mortality remains a global health concern. According to the World Health Organization (WHO), approximately 303,000 women died from pregnancy and childbirth-related complications worldwide. In Indonesia, the Maternal Mortality Ratio remains relatively high compared to many countries in Southeast Asia. The postpartum period is a critical phase beginning after the birth of the baby and placenta and lasting for six weeks, during which the

reproductive organs return to their pre-pregnancy condition. Neonatal care is equally important because newborns require physiological adaptation from intrauterine to extrauterine life.

Family planning services play a vital role in improving maternal and child health by regulating the number and spacing of pregnancies. Effective contraceptive use contributes to reducing maternal and infant morbidity and mortality. Comprehensive midwifery care ensures continuity of care throughout pregnancy, childbirth, postpartum, newborn care, and family planning services. Therefore, this case study was conducted to provide comprehensive midwifery care for Mrs. N at PMB Maulidia Winanda, S.Keb, Subulussalam City.

METHODS

This study used a descriptive case study design with a continuity of care approach. Comprehensive midwifery care was provided to Mrs. N from the third trimester of pregnancy through labor, postpartum, neonatal, and family planning periods.

Data were collected through:

Interviews Physical examinations

Observation Documentation review

The care process followed the midwifery management approach, including assessment, diagnosis, planning, implementation, and evaluation.

The study was conducted at PMB Maulidia Winanda, S.Keb, Subulussalam City, from April to May 2026.

CASE REPORT

Pregnancy Care

Mrs. N attended regular antenatal visits during the third trimester. Physical examination findings indicated normal maternal and fetal conditions. Vital signs were within normal limits, fetal growth corresponded to gestational age, and fetal heart rate was normal.

Health education was provided regarding: Balanced nutrition, Personal hygiene, Rest and sleep, Danger signs of pregnancy, Birth preparedness, Exclusive breastfeeding, Labor Care

Mrs. N presented with signs of labor, including regular uterine contractions, cervical dilatation, and bloody show. Labor progressed normally through all stages. a spontaneous vaginal delivery was achieved without complications. The mother remained stable throughout labor and delivery.

Postpartum Care

Postpartum assessments showed normal uterine involution, normal lochia, and stable vital signs. Counseling was provided regarding: Breastfeeding techniques Nutrition during the postpartum period

Personal hygiene Danger signs during the postpartum period The mother successfully initiated breastfeeding and reported no significant complaints.

Newborn Care the newborn was delivered in good condition with spontaneous crying, normal respiration, and normal physical examination findings.

Essential newborn care included: Immediate drying and warming, Early initiation of breastfeeding, Cord care, Administration of vitamin K, Monitoring neonatal adaptation, No neonatal complications were observed., Family Planning Care

After counseling regarding available contraceptive methods, Mrs. N selected a suitable family planning method according to her reproductive goals and health condition.

Counseling covered: Benefits of contraception, Advantages and disadvantages of each method, Possible side effects, Follow-up care

The client demonstrated understanding and willingness to continue the selected contraceptive method.

DISCUSSION

The comprehensive midwifery care provided to Mrs. N was consistent with national standards for maternal and child health services. Continuous monitoring during pregnancy facilitated early detection of potential complications and promoted maternal well-being. labor management followed evidence-based practices for normal childbirth care, contributing to a safe delivery process. Postpartum and neonatal care supported maternal recovery and newborn adaptation. family planning counseling enabled informed decision-making regarding contraception and promoted reproductive health. Continuity of care strengthened the relationship between the client and healthcare provider and improved overall satisfaction with healthcare services. these findings support previous studies indicating that comprehensive midwifery care contributes to improved maternal and neonatal outcomes and helps reduce preventable complications.

CONCLUSION AND SUGGESTION

Comprehensive midwifery care provided to Mrs. N from the third trimester of pregnancy through family planning services was successfully implemented according to midwifery standards. the pregnancy, labor, postpartum period, newborn adaptation, and family planning services proceeded normally without significant complications. Comprehensive care contributed to positive maternal and neonatal outcomes and enhanced the client's knowledge and participation in healthcare decision-making.

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