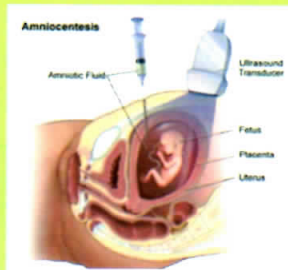


Asuhan Kehamilan Berbasis Bukti

Paradigma Baru Dalam Asuhan Kebidanan



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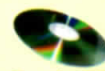
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Bayu Irianti, Erda Mutiara Halida, Fitra Duhita,
Fitria Prabandari, Nova Yulita, Nova Yulianti, Setiya Hartiningtiyaswati,
Yuliza Anggraini



SAGUNG SETO



Gratis CD
Yoga
dan
Pilates

Asuhan Kehamilan Berdasarkan Bukti

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Fitria Prabandari, Nova Yulita, Nova Yulianti,
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PE

I. SEJARAH BIDAN

Kapankah istilah bidan merupakan pertanyaan dengan jawaban yang berbeda-beda. Namun, terdapat beberapa catatan sejarah dengan peristiwa kelahiran yang pertama kali muncul di komunitas. Hingga saat ini istilah bidan yang berbeda di setiap Negara dari suku anglo saxon, "wise women" di Jerman. "Weise Frau" di Jerman.

A. Sejarah Bidan Dunia

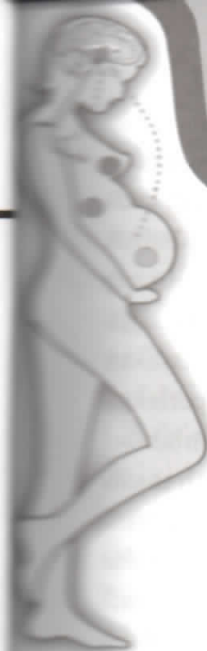
1. Sejarah Bidan Sebelum masa Romawi

a. Roma dan Yunani Kuno

Pada masa Romawi dan Yunani Kuno, kata *obstetrix* berasal kata *obstetrix* yaitu seseorang yang membantu kelahiran tanpa membedakan status.

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L PERUBAHAN FISILOGI DAN TRIMESTER I

Menstruasi adalah siklus perdarahan yang terjadi secara berkala. Sembilan siklus haid 24-35 hari, dengan perdarahan 10-80 mL. Menstruasi terjadi pada fase (Preovulatory Ovarian Phase), dan lanjut ke fase folikular.

Fase folikular terjadi mulai dari ovulasi. Fase folikular merupakan fase dari pemilihan folikel primordial hingga akan berovulasi. Setiap bayi perempuan memiliki jutaan oosit dalam ovarium dan sekitar 400 oosit yang matang pada saat pubertas. Folikel primordial akan berkembang menjadi folikel antral yang kemudian berkembang menjadi folikel folikular yang dikelilingi oleh sel teka dan sel granula. Hanya sekitar 400 folikel yang akan mengalami atresia. Dalam setiap siklus menstruasi, hanya satu folikel yang dapat bertahan hingga menjadi ovum yang akan berovulasi.

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I. PEMERIKSAAN KEHAMILAN

A. Diagnosis Kehamilan

Diagnosis merupakan suatu keadaan/kondisi seseorang berdasarkan hasil pemeriksaan dan atau gejala penyebab.

Sehingga diagnosis kehamilan dilakukan untuk, dapat menentukan hamil, meliputi keadaan kehamilan mungkin menyertai kehamilan.

Adapun penegakkan diagnosis bidan yaitu dengan melakukan pemeriksaan kehamilan, pemeriksaan hormonal penunjang. Namun setiap pemeriksaan memiliki keterbatasan dalam sehingga pemeriksaan penunjang diagnosis kehamilan.

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Visualisasi

Teknik ini menggunakan metode hipnosis dengan melatih penggambaran (visualisasi) tentang sesuatu yang menyenangkan secara terus menerus sebelum persalinan. Selanjutnya, teknik ini digunakan dalam proses persalinan sehingga dicapai kondisi tubuh dan pikiran yang tenang. Relaksasi pelangi adalah teknik visualisasi dasar pada *hypnobirthing*. Salah satu visualisasi yang sangat sederhana dan efektif adalah tentang mawar yang sedang merekah. Dengan menggunakan teknik pernafasan untuk membawa ibu ke dalam relaksasi, kemudian menutup mata sambil bayangkan bayi sedang bergerak lembut ke pintu keluar rahim. Ibu diajak untuk membayangkan pembukaan *perineum* secara bertahap seperti merekahnya helai-helai kuntum mawar yang lembut. Untuk mencapai keberhasilan *hypobirthing* dalam mengurangi nyeri persalinan, visualisasi dilakukan selama hari-hari terakhir kehamilan.

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Dokumentasi merupakan hukum dari tindakan dan pada klien. Dokumentasi dan merupakan dasar informasi dokumentasi adalah sebagai menjadi asuhan yang efektif

Dokumentasi kebidanan dikerjakan oleh bidan setelah kebidanan merupakan prosedur format yang dilakukan oleh mengetahui perkembangan mulai dari anamnesa, pemeriksaan terapi dan asuhan. Hal ini dengan kolaborasi ataupun pilihan perawatan berdasarkan objektif.

Dokumentasi kebidanan berdasarkan komunikasi ter

6	TFU		√	√
7	Presentasi janin		√	√
8	DJJ		√	√
9	Pemeriksaan Hb	√	*	√
10	Golongan darah	√		
11	Protein urin		*	*
12	Gula darah/ reduksi		*	*
13	Darah malaria	√ *	*	*
14	BTA	*	*	*
15	Darah sifilis	*	*	*
16	Serologi HIV	√ *	*	*
17	USG	*	*	*

Keterangan :

- √ : rutin : dilakukan pemeriksaan rutin
- *
- √* : pada daerah endemis akan menjadi pemeriksaan rutin

Sistem pendokumentasian yang dilaksanakan dapat memberikan manfaat antara lain sarana komunikasi antara tenaga kesehatan, sarana untuk mengikuti perkembangan dan evaluasi pasien. Pedoman diatas adalah sebagai pegangan bidan dalam melakukan tindakan pemeriksaan antenatal, adapun asuhan yang baik pada ibu hamil adalah asuhan yang terfokus sesuai dengan keluhan dan kebutuhan pasien.

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IV. BERKAS RUJUKAN

Berkas rujukan kesehatan ada 2, yaitu format rujukan dan register rujukan. Berdasarkan Peraturan Menteri Kesehatan Republik Indonesia Nomor 001 Tahun 2012 Pasal 15, surat pengantar rujukan sekurang-kurangnya memuat:

1. Identitas klien
2. Hasil pemeriksaan (anamnesis, pemeriksaan fisik dan pemeriksaan penunjang) yang telah dilakukan
3. Diagnosis kerja
4. Terapi dan/atau tindakan yang telah diberikan
5. Tujuan rujukan
6. Nama dan tanda tangan tenaga kesehatan yang memberikan pelayanan.

Register rujukan merupakan halaman yang mendokumentasikan pengiriman dan penerimaan rujukan. Format rujukan dan register rujukan terlampir.

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