


The Importance of Continuity of Care (COC) as a Support System During Pregnancy: a Case Report

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Article Info	ABSTRACT
<p>Keywords: Support system, psychology in pregnancy, pregnancy</p>	<p>Support systems during pregnancy play an important role in maintaining the physical and mental health of pregnant women, as well as supporting fetal development. Emotional support from partners, family, and friends can help pregnant women manage the stress and anxiety that often arise during pregnancy and after childbirth. CoC (Continuity of Care) assistance has a role in providing ongoing support as well as providing counseling and education regarding childbirth preparation and parenting. Case Report: The mother with G1P000 pregnancy at the beginning of the second trimester experiences psychological changes such as mood swings, anxiety, and loneliness due to lack of support from the support system. Support from the closest people such as husband, family, and health workers have an important role in the physical and psychological condition of the mother, especially during pregnancy. With the collaboration between the mother, family and companion will minimize the impact that can occur for the health of the mother and fetus: Conclusion: Assistance carried out through continuous care has become an important part of midwifery service delivery. The role of the companion in the pregnancy process is very important, not only as a provider of information and health monitor, but also as a source of emotional and psychosocial support for pregnant women.</p>
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INTRODUCTION

For some women, pregnancy viewed as a pleasant experience, but No let go from various change significant in aspect well-being, social and physical including change emotional, physiological, and relational (Al- Mutawtah M, et all. 2023). Pregnant women own risk more tall experience antenatal depression compared with population general, namely by 14.5% (WHO, 2021) Some frequent challenges found during pregnancy that is change atmosphere heart that is not stable, disturbance health physical, difficulties financial, as well as lack of support social during pregnancy. Support system during pregnancy known can help lighten up pressure from change emotional and physical Mother pregnant, and suggest For increase welfare mother and fetus.

Basically pregnancy is a very crucial period in to form foundation quality source Power humans in the future. Conditions health, growth and development child in a way the whole is greatly influenced by the environment mother. Therefore that, maintenance health Mother

pregnant and fetus become factor important in determine success grow flower children in the future. Support system in Health services are defined as as action from the individual given to another individual who brings up response positive Good in a way direct and also No directly to the condition physique and also psychological a person (Al- Mutawtah et al., 2023) In the Minister of Health Regulation No. 21 of 2021, Article 13, Number 9, Point E, it is also stated that principle antenatal care involves husband and family in guard health and nutrition Mother pregnant (Regulation of the Minister of Health of the Republic of Indonesia Number 21 of 2021 concerning Implementation Health Services Before Pregnancy, Pregnancy, Childbirth and Postpartum Giving Birth, Service Contraception and Sexual Health Services, 2021)

Pregnant mother with support good social tend more Ready in a way psychology and experience complicator minimal pregnancy, so that the resulting offspring in condition healthy (Abdi et al., 2022; Abdollahpour et al., 2015; Mohebi et al., 2018; Renbarger et al., 2021). Conversely, when Mother pregnant own support low social / less in a way significant correlated with the occurrence risk depression, anxiety, no notice health self and fetus with good. So welfare Mother pregnant is also low, and has an impact bad on pregnancy outcome / quality babies born (AlMutawtah et al., 2023; Bedaso et al., 2021).

Support emotional from couples, family and friends can help Mother pregnant manage frequent stress and anxiety appear during pregnancy and after giving birth. Feelings appreciated and understood can increase maternal mental health pregnancy and development fetus Especially during pregnancy Family, especially husband, have role crucial in support Mother pregnant. Support from family can increase quality antenatal care (ANC). Support system during pregnancy play role important in guard health mother's physical and mental condition pregnant, and support development fetus. Research latest show that support from family, friends and energy health can reduce stress, increase trust yourself, and prevent mental disorders such as prenatal and postpartum depression Mother pregnant who feels supported tend more believe self in nurse baby them and live role new as Mother.

As student midwife who participated active in Continuity of Care (CoC) assistance for mothers as for form support that can given to Mother pregnant is know sign danger to mother pregnant, listening and paying attention, encouraging For check it out to power health If feel there is something not good (no in condition usually), offers self For accompany do inspection health, help to communicate complaints felt Mother pregnant to power health and provide support in a way sustainable as well as give counseling and education about preparation childbirth and role as parents. (CDC, 2020; Renbarger et al., 2021)

In terms of this is also a student midwives can also become connector between mother and system service other health if needed reference. Involvement active midwife in build good and empathetic communication proven can lower level anxiety, increase compliance Mother in undergo maintenance pregnancy, as well as contribute to the improvement welfare mother and baby (Ministry of Health of the Republic of Indonesia, 2023; WHO, 2022)

Case Report

A 24 year old woman, at the start Continuity of Care assistance during done visit House Mother own diagnosis pregnancy G1P0000 UK 17/18 weeks T/H/IU. Mother and family

originate from Javanese people and the environment there is smoking man that is husband Mother However No smoke diarrhea home and not own history disease decreased. This is a the first marriage for mother and husband with long marriage not enough more One year this. At the beginning pregnancy Mother Still Work as employee private However Mother decide to resign from work Because consideration decision from husband Mother.

At the beginning marriage and before pregnant, mother and husband decide For stay independent that is with the cost up to the beginning pregnancy. Early period pregnancy, husband provide support through give attention full to Mother like deliver ultrasound, give peace and comfort in condition whatever, and play a role as taker decision main related health mother. mother and husband including in condition a well -off family materially and economically. However Because husband work 9-12 hours per day sometimes Mother feel lonely moment No together husband.

At the beginning pregnancy, mother feel great enthusiasm and attention from husband. However, along with the walk time until enter end of the first trimester, attention the start decreased. The husband looked the more Busy with his work, so that attention to condition health Mother start neglected. This is make Mother feel not enough get support emotional and physical needs during pregnancy. In addition, the mother also has knowledge that is still limited about pregnancy, remembering This is pregnancy first. Lack of understanding the make Mother need more Lots information and guidance. In case this, companion play a role active in give education to mother, especially about various change physical and emotional that may happen during pregnancy.

In the second trimester early, mother had time lost Spirit For do activity daily Because with condition Mother At home alone and busy husband Work sometimes go home late Evening make Mother to lock up myself. Sometimes Mother feel No own Friend story, here role companion is give support as well as facilitate as Friend story. Because of busyness with her job, husband Mother not enough give attention to pattern Eat Mother during pregnancy. This is impact on conditions psychological mother who often experience decline appetite Eat or lost the mood for Eat. As a result, the mother 's weight No experience improvement as it should be happen during pregnancy. In one month Lastly, mother 's weight remains (stagnant) at 40 kg, which is ideal experience increase. Condition This exacerbated by the tendency Mother to overthink about pregnancy in progress lived. Companion No only give support affirmation as well as information to mother, but here the companion also offers to Mother For accompany mother at the time control pregnancy in the clinic

Although Thus, the results inspection pregnancy performed at the doctor specialist obstetrics and gynecology (SpOG) shows that growth fetus Still is at within normal limits. Estimate heavy fetus (EFW) recorded as much as 700 grams, with activity normal movement and beat heart stable fetus. However, based on calculation Body Mass Index (BMI), mother Still is at in category *underweight*, namely of 16.9 kg/m². Which should be addition mother 's weight Still not enough than it should be. Companion give advice to Mother For talk about matter the to husband, because condition mother also wants there is someone to accompany during pregnancy, Then mother and husband decide For move to the house Mother womb.

At the end of the second trimester pregnancy and early Entering the third trimester, mother decide For move temporary to parents ' house sibling. Transfer This welcomed warm by mother sibling, companion collaborate with Mother womb with give information information related support that can given so that the condition Mother Can more Good from previously. During the mentoring and evaluation process going on, mom show very cooperative attitude. In gradual, condition physical and psychological Mother start experience repair. Mom is back do activity daily like ordinary and lustful eating begins getting better. Changes environment as well as support from family it turns out impact positive No only for mother, but also on involvement husband. Despite the limitations time companion also not yet Once meet with husband mother, since living in parents ' house sibling, husband become more attention to health Mother.

Entering the third trimester end there is increase heavy fetus until reaching 3100 gr, but Mother feel fetal movement reduced. Companion recommend to Mother For fetal movement count in 1 hour and soon check it out her pregnancy to facility health nearest. Then Mother doing an ultrasound at the SPOG, doctor give reference to Mother For done labor by caesarean section Because there is indication that abnormal NST results, there is coil rope center 1x, and myopia. Mother is worried will condition said, however companion validate mother 's feelings experience as well as give support affirmation positive as well as encouragement for mothers No too feel worry will her labor. During labor, the mother accompanied by husband and mother womb. After delivery, the condition very good mother and baby born in condition Healthy with weight 3175 gr and body length 51 cm.

RESEARCH METHODS

This study uses a case study method with a qualitative approach to describe in depth the importance of Continuity mentoring. of Care (CoC) as a support system system) during pregnancy. The subjects in this study were pregnant women who underwent pregnancy with continuous assistance from health workers from the beginning of pregnancy until delivery. Data were collected through in-depth interviews, direct observation, and review of the pregnant woman's medical record documents. The purposive sampling technique was used to select subjects who met the criteria, namely pregnant women who had received complete CoC services.

Data analysis was conducted descriptively qualitatively through a thematic approach, by identifying patterns of subject experiences related to the benefits, challenges, and roles of ongoing assistance during pregnancy. Data validity was strengthened through triangulation of sources and techniques, as well as confirmation of interview results with informants (members check). This case study approach allows researchers to capture a real and comprehensive picture of the role of CoC as a support a system that not only impacts the physical health of pregnant women, but also their psychological condition and decision-making in their pregnancy care.

Case Discussion

In case found that moment This is pregnancy First which mother is mother including into the Mother pregnant with primigravida. The mother is also less own sufficient knowledge

specifically about information health pregnancy. According to Febrianti, V., & Andari, FN (2024) stated that that primigravida tend to own more knowledge low about sign danger pregnancy and childbirth process compared to with multigravida. This is due to lack of experience previously and limited information. In line with Aisyah AS research (2022) 76% of mothers multigravida pregnant women have good knowledge, meanwhile only 58% of mothers primigravida pregnant women who have level the same knowledge. Therefore That companion Lots give education related health pregnancy to mother, like antenatal care visits, adequate nutrition during pregnancy, and increased weight.

In the case of this is also mother often feel anxiety to her pregnancy matter This relate with research conducted by Yuliana, E. (2018) said that primigravida experienced change complex psychology Because This is experience new. Primigravida pregnant women, namely pregnant mother For first time, often experience anxiety related to the process of pregnancy and childbirth. Anxiety This can caused by uncertainty, lack experience, and change physique as well as significant emotional.. The changes that occurred during pregnancy of course No only nature physical, but also touching aspect emotional and social (Fatwiany & Kamalia. 2024) Change psychological which is often appears in primigravida mothers such as anxiety and fear, change identity self, change atmosphere heart, and feelings happy and hopeful. According to with case mentoring Mother experience a number of change psychological like change atmosphere the heart that was originally mother is very enthusiastic about her pregnancy However Mother sometimes feel No empowered. The role of a companion at the time phase This that is with give counseling education as well as information For make self Mother more empowered.

Maternal health pregnant own connection close with the existence of a support system from those closest to you. According to Marpaung, J., et al. (2021). The factors factor affecting psychological primigravida mother, namely knowledge about her pregnancy, support from people nearest, and mental readiness for become parents. maternal health pregnant is aspect important which is influenced by various factor. One of the factor main contributors on health status Mother is support from family. (Widaryanti, Rahayu & Febriati LD. 2020). This is in line with findings Marcer, who mentioned that role family is one of from six related factors close with health mother. Closeness emotional between mother and baby, and ability Mother in express satisfaction and appreciation to its role, greatly influences condition psychology and well-being during pregnancy.

Presence husband as a support system also has an influence to attitude as well as behavior Mother moment pregnancy.. Related with role social support in maternal mental health pregnant, according to study Patimah, et all. (2021). show that Mother pregnant who receives support good social own risk more low experience anxiety and depression. A meta-analysis study find that support low social relate significant with improvement anxiety (AOR: 1.97) and depression (AOR: 1.18) in mothers pregnant. Rahmawati, et all (2020) highlighted importance role family in help Mother face antepartum stress is stress that arises during pregnancy. According to Faleschini et al. (2019), many Mother new experience feeling isolated and deprived support social, which ultimately contribute to the emergence of a deep feeling of loneliness, good during pregnancy and also after giving birth. In the case of This

found Mother had time experience lonely Because feel lost support system from busy husband Work..

Attitude as well as the behavior of the mother feel is form change psychological things that happen so that need existence social support from people nearest. Related with Iswanti et al (2021) Pregnant women who feel lonely or No supported in a way emotional at risk more tall experience disturbance physical and emotional. In conditions This clear happened to the client Because had time happen No There is increase weight during pregnancy. Therefore that, in case This student midwife involving family especially husband in give education related need psychology and also physique mother. Involvement care family This become key main For help Mother through pregnancy in a way healthy and physiological. Function the walking family in a way positive can become fortress defense for Mother in manage pressure psychological that may be appear consequence change physical, emotional, and risk pregnancy That itself. On the contrary, the function a less than optimal family can to worsen condition the.

Active role member family namely Mother overdo from client own influence big to psychological mother, which when mother and husband decide For move to the house Mother womb is the right decision Because from condition the problems experienced Mother namely feel lonely gradually getting better. This is show that pregnancy No only biological processes, but also experiences complex emotions. With comprehensive understanding and appropriate support from environment closest, especially family and energy health, mother pregnant can through her pregnancy with more comfortable, safe and healthy Good in a way physique both physically and mentally.

Psychological mother also has connection close with abnormal NST results at time last ANC visit. According to Isnani et, all (2023) explains that pressure psychological in mothers pregnant, such as stress and anxiety, can influence welfare fetus and results NST examination. Stress can increase production hormone cortisol, which affects system nerve fetus and increase risk results NST is abnormal. This is related close with method help labor According to research conducted by Fajrini (2017) is explained that connection between condition psychological Mother with selection of delivery process show that There is connection between condition psychological Mother with selection of the delivery process. From the results analysis known that anxious mother give birth to section caesarean own opportunity For give birth to in a way section caesarean by 11,282 times compared to anxious mother give birth normally. While mother who doesn't worried own opportunity For give birth to in a way section caesarean by 1,692 times compared to anxious mother give birth normally.

In case mentioned, it is known that the support system in pregnancy somebody very much important. From the existence of incident lost lust For Eat so that mother 's weight No increase become attention which particular thing the can hinder growth and development fetus so that No Can maximum However Because There is cooperation between mother and companion can minimize risk bad that can happen.

The role of midwives as power health No only limited to aspects medical only, but also includes approach more psychological and social comprehensive. (Immaya, 2023) In practice, midwives play a role important in give education, support emotional, as well as build mutual

relationship believe with Mother pregnant. Approach This become runway important in giving care centered on needs and conditions unique every Woman.

One of the service models that places Woman as center attention is women- centered care approach. Research conducted by Kurniawati et al. (2023) shows that implementation of this model can increase confidence self mother, strengthen control on the process of pregnancy and childbirth, as well as lower number intervention medical that is not required. Approach this is also proven capable increase satisfaction patient as well as quality service midwifery in a way overall. According to Mashayekh -Amiri, et al. (2023) Midwives who implement the concept of women- centred care is not only look at Mother pregnant as patients, but also as individuals who have background behind culture, values personal, and role social needs respected. With Thus, the services provided become more humane, inclusive and responsive to need emotional and women's spirituality during pregnancy until childbirth. As in the case of This approach CoC mentoring is carried out in a way special in meaning adapt with need patient like validate feeling mother, service women - focused midwifery No only notice aspect health physical, but also fosters a sense of being appreciated and supported in a way intact. This is create experience more pregnancy positive and meaningful for women, and strengthen connection between mother and energy health as partner in the birth process.

From the results assistance that has been done, there is a number of efforts that have been made done by a companion in give care appropriate sustainable with need Mother pregnant. One of the effort the is do collaboration with Mother sibling, who also involved in a way active in the process of pregnancy. Involvement Mother womb expected can give support emotional and practical for Mother during undergoing pregnancy. However thus, still there is limitations in implementation assistance. The obstacles faced is Not yet existence time permitting For do meeting direct with husband mother. This is become obstacle in effort involving husband in a way active in the process of care pregnancy, which should be become part important from support family. And limitations in collaborate with other providers like clinic place ANC mother.

CONCLUSION

Implementation CoC care as a support system during pregnancy until approaching labor demand involvement active from various parties, including student midwifery, midwife, midwife medical, and manpower paramedic others. Required commitment collective in effort increase quality health mother and child, as part from not quite enough answer professionalism and morale of the workforce health. Mentoring carried out through care sustainable has become part important in giving service midwifery. Although in a number of case power health No can monitor condition Mother in a way direct, technology as telemedicine has utilized For bridge limitations The approach This allow mentoring still walk in a way effective, especially in areas with limitations access service. Role companion in the process of pregnancy very much important, no only as provider information and monitoring health, but also as source support emotional and psychosocial for Mother pregnant. One of the aspect important from support This is fulfillment need nutrition during pregnancy, which

plays a role big in optimization grow flower fetus as well as guard health Mother. With approach *Continuity of Care*, expected pregnancy process until postpartum can in progress with more safe, comfortable, and controlled. Synergy interprofessional in service midwifery This is key main in create system service health mother and child more responsive, quality and safety oriented patient.

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