

ABSTRAK

"ASUHAN KEPERAWATAN PADA BAYI BBLR DENGAN HIPOTERMIA MELALUI PENERAPAN NESTING DI RUANG NEONATUS RSI SURABAYA JEMURSARI"

Bayi berat lahir rendah (BBLR) merupakan bayi dengan berat badan dibawah 2.500gram tanpa memperhatikan usia kehamilan saat lahir. Bayi dengan kondisi BBLR yang berhasil bertahan hidup berisiko menghadapi sejumlah gangguan kesehatan seiring bertambahnya usia, seperti keterlambatan perkembangan, gangguan pertumbuhan kognitif, masalah kesehatan mental, serta peningkatan risiko penyakit degeneratif saat dewasa.

Studi ini memakai metode studi kasus serta pendekatan asuhan keperawatan, yang terdiri dari pengkajian, penentuan diagnosa, perencanaan tindakan, pelaksanaan, dan evaluasi keperawatan. Jumlah subjek yang digunakan sebanyak 2 orang dengan waktu selama 3 hari. Teknik pengumpulan data dengan wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Pada studi kasus ini, instrumen yang digunakan ialah format asuhan keperawatan anak sesuai ketentuan di Prodi Pendidikan Profesi Ners Program Profesi Poltekkes Kemenkes Surabaya.

Menunjukkan hasil kestabilan pada tanda-tanda vital pada klien 1 (By. Ny. A) di hari ke 1, suhu 35,7 °C, nadi 118 x/menit, rr 48 x/menit, SPO2 99 % di hari ke 3 menjadi, suhu 36,8 °C, nadi 129 x/menit, rr 49 x/menit, SPO2 99 %. Pada klien 2 (By. Ny. M) di hari ke 1, suhu 35, 3 °C, nadi 123 x/menit, rr 42 x/menit, SPO2 99 % di hari ke 3 menjadi, suhu 36,8 °C nadi 134 x/menit, rr 46 x/menit, SPO2 100 %.

Tindakan keperawatan berupa terapi nesting pada bayi BBLR memberikan dampak positif yang nyata terhadap kestabilan tanda-tanda vital. Oleh karena itu, nesting menjadi salah satu intervensi sederhana namun sangat diperlukan dalam perawatan bayi BBLR, baik di rumah sakit maupun dalam pelayanan kesehatan primer.

Kata Kunci: Asuhan Keperawatan, BBLR, Hipotermia, Nesting

ABSTRACT

"NURSING CARE FOR LOWBIRTH WEIGHT BABIES WITH HYPOTHERMIA THROUGH THE APPLICATION OF NESTING IN THE NEONATAL ROOM AT RSI SURABAYA JEMURSARI"

A low birth weight (LBW) baby is a baby weighing less than 2,500 grams, regardless of gestational age. Babies with LBW who survive are at risk of a number of health problems as they age, such as developmental delays, impaired cognitive growth, mental health problems, and an increased risk of degenerative diseases in adulthood.

This study employed a case study method with a nursing care approach, which included nursing assessment, nursing diagnosis, nursing planning, nursing implementation, and nursing evaluation. The study involved two subjects over a period of three days. Data collection techniques included interviews, observation, physical examination, and documentation review. The instrument used in this case study was the pediatric nursing care format as outlined by the Professional Nursing Education Program at the Poltekkes Kemenkes Surabaya.

The results showed stability in vital signs in Client 1 (Baby of Mrs. A) from day 1 to day 3: on day 1, temperature 35.7°C, pulse 118 bpm, respiratory rate 48 breaths/min, SpO₂ 99%; on day 3, temperature 36.8°C, pulse 129 bpm, respiratory rate 49 breaths/min, SpO₂ 99%. In Client 2 (Baby of Mrs. M): on day 1, temperature 35.3°C, pulse 123 bpm, respiratory rate 42 breaths/min, SpO₂ 99%; on day 3, temperature 36.8°C, pulse 134 bpm, respiratory rate 46 breaths/min, SpO₂ 100 %.

Nursing interventions in the form of nesting therapy for LBW infants had a clear positive impact on stabilizing vital signs. Therefore, nesting can be considered a simple yet essential intervention in the care of LBW infants, both in hospital settings and in primary healthcare services.

Keyword: *Nursing Care, Low Birth Weight, Hypothermia, Nesting*