

ABSTRAK

LAPORAN KASUS PEMBERIAN OBAT TRADISIONAL SEBAGAI PEREDA BATUK PADA BAYI YANG TIDAK DIANJURKAN DI PUSKESMAS PRAMBON SIDOARJO

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Pendahulaun: Batuk pada bayi di bawah 6 bulan sering memicu kekhawatiran orang tua untuk melakukan pengobatan mandiri yang tidak tepat, seperti pemberian obat tradisional. Sedangkan, organ tubuh bayi belum matang untuk menyaring zat asing yang masuk kedalam tubuh selain ASI sehingga bila diberikan obat tradisional beresiko gangguan pada organ pencernaan. Tujuan kasus ini adalah untuk menerapkan Manajemen Asuhan Kebidanan pada bayi yang diberikan obat tradisional. **Metode:** Laporan ini menggunakan desain laporan kasus tunggal (*single case report*) dengan pendokumentasian SOAP. Subjek dari laporan adalah Bayi A usia 3 bulan di wilayah kerja Puskesmas Prambon Kabupaten Sidoarjo. Pengumpulan data melalui wawancara terhadap ibu bayi, pemeriksaan fisik bayi, serta observasi klinis dari tanggal 23 April hingga 30 Mei 2026 **Hasil dan Pembahasan:** Hasil pengkajian awal menunjukkan Bayi A mengalami batuk selama 4 hari dan telah diberikan air rebusan jahe serta madu oleh neneknya pada saat hari ke 3. Pemeriksaan klinia menunjukkan bayi rewel, frekuensi menyusu menurun, respirasi 50x/menit, dan terdapat suara napas tambahan *ronkhi*. Secara medis, madu dilarang bagi bayi di bawah 1 tahun karena risiko botulisme. Penatalaksanaan difokuskan pada penghentian obat tradisional disaat usia belum aman untuk mengkonsumsi, edukasi bahaya herbal pada bayi kepada ibu dan nenek, optimalisasi ASI eksklusif, serta pemantauan tanda kegawatan. Setelah intervensi dan pemberian puyer *glyceryl guaiacolate* sesuai advis dokter, suara *ronkhi* dan batuk mulai berkurang pada hari ke 4 hingga hilang sepenuhnya pada hari ke 7. **Kesimpulan:** Pemberian obat tradisional pada bayi terbukti tidak dianjurkan dan berisiko bagi kondisi kesehatan bayi. Melalui asuhan kebidanan sesuai pendekatan SOAP terhadap keluarga, pemberian obat tradisional berhasil dihentikan sehingga mendukung perbaikan kondisi bayi secara optimal.

Kata Kunci: Obat Tradisional, Batuk, Bayi, Botulisme

ABSTRACT

CASE REPORT OF THE UNRECOMMENDED ADMINISTRATION OF TRADITIONAL MEDICINE AS A COUGH RELIEF IN INFANTS AT THE PRAMBON PUBLIC HEALTH CENTER IN SIDOARJO

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Introduction: Coughing in infants under six months of age often prompts parents to resort to inappropriate self-treatment, such as administering traditional remedies. However, an infant's organs are not yet mature enough to filter substances other than breast milk; thus, administering traditional remedies poses a risk of digestive system complications. The objective of this case study is to implement Midwifery Care Management for an infant who was given traditional medicine. **Methods:** This study utilizes a single case report design with SOAP documentation. The subject is a 3-month-old infant (Infant A) residing in the working area of the Prambon Community Health Center (Puskesmas), Sidoarjo Regency. Data collection involved interviewing the infant's mother, performing a physical examination, and conducting clinical observations from April 23 to May 30, 2026. **Results and Discussion:** Initial assessment revealed that Infant A had been coughing for four days and had been given a ginger decoction and honey by the grandmother on the third day. Clinical examination showed the infant was fussy, had a decreased frequency of breastfeeding, a respiratory rate of 50 breaths per minute, and exhibited rhonchi (abnormal breath sounds). Medically, honey is contraindicated for infants under one year of age due to the risk of botulism. Management focused on discontinuing the traditional remedy—given the infant's unsafe age for such consumption—educating the mother and grandmother on the dangers of herbal remedies for infants, optimizing exclusive breastfeeding, and monitoring for signs of medical distress. Following the intervention and the administration of glyceryl guaiacolate powder as prescribed by the physician, the rhonchi and coughing began to subside on the fourth day and resolved completely by the seventh day. **Conclusion:** The administration of traditional remedies to infants is not recommended and poses risks to the infant's health. Through midwifery care utilizing the SOAP approach with the family, the use of traditional remedies was successfully discontinued, thereby supporting optimal recovery of the infant's condition.

Keywords: Traditional Medicine, Cough, Infant, Botulism