

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Analisis Asuhan Keperawatan Pada Bayi Berat Lahir Rendah Dengan Implementasi Pencegahan Hipotermia Melalui *Positioning Dan Nesting* Di Ruang Perinatologi RSD. Balung Jember

xiv + 54 hal + 7 tabel + 10 lampiran

Abstrak

Bayi Berat Lahir Rendah (BBLR) lebih rentan mengalami hipotermia karena memiliki sistem pengaturan suhu tubuh yang belum matang, jumlah lemak subkutan dan jaringan adiposa coklat yang lebih sedikit. Suhu tubuh pada BBLR dapat turun hingga $0,1^{\circ}\text{C}$ - $0,3^{\circ}\text{C}$ per menit. Hipotermia pada BBLR dapat dicegah melalui *positioning dan nesting*. Tujuan dari studi kasus ini adalah pencegahan hipotermia pada Bayi Berat Lahir Rendah (BBLR) melalui implementasi *positioning dan nesting* di ruang perinatologi RSD. Balung Jember. Metode yang digunakan adalah studi kasus deskriptif dengan bentuk studi kasus mendalam pada BBLR dengan masalah hipotermia. Pengumpulan data dilakukan dengan cara wawancara, observasi, pemeriksaan fisik, studi dokumentasi dan pemberian asuhan keperawatan pada BBLR dengan menerapkan implementasi *positioning dan nesting*. Asuhan keperawatan *positioning dan nesting* di implementasikan selama 2 jam di pagi hari, dilakukan sejak tanggal 08 Mei sampai dengan 10 Mei 2024. Evaluasi dilaksanakan pada hari ketiga. Hasil implementasi menunjukkan bahwa sebelum diberikan asuhan keperawatan pada BBLR melalui *positioning dan nesting* suhu tubuh bayi $36,4^{\circ}\text{C}$ dan suhu tubuh bayi setelah implementasi *positioning dan nesting* menjadi $36,6^{\circ}\text{C}$. Implementasi *positioning dan nesting* dapat meningkatkan suhu tubuh BBLR hingga $0,3^{\circ}\text{C}$ setelah dilakukan perawatan selama 3x24 jam.

Kata Kunci : Hipotermia, *Positioning, Nesting*

ABSTRACT

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analysis of nursing care for low birth weight babies by implementing hypothermia prevention through positioning and nesting in the perinatology room RSD. Balung Jember.

xiv + 54 pages + 7 tables + 10 annexes

Abstract

Low Birth Weight (LBW) babies are more susceptible to hypothermia because they have an immature body temperature regulation system, less subcutaneous fat, and brown adipose tissue. Body temperature in LBW can drop up to 0.1°C–0.3°C per minute. Hypothermia in LBW can be prevented through positioning and nesting. The aim of this case study was to prevent hypothermia in low-birth-weight (LBW) babies through the implementation of positioning and nesting in the RSD perinatology room. Balung Jember. The method used was a descriptive case study in the form of an in-depth case study on LBW with hypothermia problems. Data collection was carried out by means of interviews, observation, physical examination, documentation studies, and providing nursing care for LBW by implementing positioning and nesting. Positioning and nesting nursing care were implemented for 2 hours in the morning, from May 8 to May 10, 2024. The evaluation was carried out on the third day. The implementation results show that before providing nursing care to LBW through positioning and nesting, the baby's body temperature was 36.4°C, and the baby's body temperature after implementing positioning and nesting was 36.6°C. Implementation of positioning and nesting can increase LBW body temperature by up to 0.3°C after treatment for 3x24 hours.

Keywords: *Hypothermia, Positioning, Nesting*