

ABSTRACT

Abstract

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Final Scientific Paper, July 2025

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*Nursing Care for Low Birth Weight Infants with Hypothermia in Seruni Room of RSU
dr. H. Koesnadi Bondowoso*

Xvi + 85 pages + 4 figures + 6 tables + 6 appendices

Abstract

Background: Low Birth Weight (LBW) infants are at high risk of experiencing hypothermia due to immature thermoregulatory centers and lack of subcutaneous fat. Hypothermia can lead to serious complications such as metabolic disorders, respiratory problems, and even death. An effective management approach, such as swaddling, can help maintain the infant's body temperature. **Objective:** To analyze nursing care for LBW infants with hypothermia using the swaddling method in the Seruni Room of RSU dr. H. Koesnadi Bondowoso. **Method:** This study used a case study design with a nursing process approach, including five stages: assessment, diagnosis, intervention, implementation, and evaluation. The subjects were three LBW infants with hypothermia, selected through purposive sampling. Data were collected through interviews, observations, and medical documentation reviews. **Results:** The main nursing diagnoses included ineffective breathing pattern, hypothermia, and risk of infection. Swaddling implementation effectively helped maintain body temperature within the normal range (36.5–37.5°C), reduced the risk of complications, and improved infant comfort. **Discussion:** Swaddling is a simple yet effective non-pharmacological intervention for managing hypothermia in LBW infants. Involving the family in care processes also contributes to the success of nursing care and enhances the quality of life for the infant.

Keywords : LBW, Hypothermia, Swaddling, Nursing Care

Bibliography : 33 (2019–2024)

ABSTRAK

Abstrak

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Karya Ilmiah Akhir, Juli 2025
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Asuhan Keperawatan pada Bayi BBLR dengan Hipotermia di Ruang Seruni RSUD dr. H. Koesnadi Bondowoso

Xvi + 85 hal + 4 gambar + 6 tabel + 6 lampiran

Abstrak

Pendahuluan: Bayi dengan berat badan lahir rendah (BBLR) memiliki risiko tinggi mengalami hipotermia karena belum matangnya pusat pengaturan suhu dan minimnya lemak subkutan. Hipotermia dapat memicu komplikasi metabolik, respirasi, bahkan kematian. Penatalaksanaan efektif, salah satunya melalui teknik swaddling (bedong), dapat membantu mempertahankan suhu tubuh bayi. **Tujuan:** Menganalisis asuhan keperawatan pada bayi BBLR dengan hipotermia menggunakan inovasi swaddling di Ruang Seruni RSUD dr. H. Koesnadi Bondowoso. **Metode:** Desain penelitian yang digunakan adalah studi kasus dengan pendekatan proses keperawatan, mencakup lima tahap: pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Subjek penelitian adalah tiga bayi BBLR dengan hipotermia, yang dipilih secara purposive sampling. Data dikumpulkan melalui wawancara, observasi, dan studi dokumentasi medis. **Hasil:** Diagnosis keperawatan yang ditemukan meliputi pola napas tidak efektif, hipotermia, dan risiko infeksi. Implementasi swaddling terbukti membantu menjaga suhu tubuh bayi dalam batas normal ($36,5-37,5^{\circ}\text{C}$), menurunkan risiko komplikasi, dan meningkatkan kenyamanan bayi. **Diskusi:** Swaddling dapat menjadi intervensi sederhana namun efektif dalam mengatasi hipotermia pada bayi BBLR. Kolaborasi dengan keluarga dalam perawatan juga turut mendukung keberhasilan asuhan keperawatan dan meningkatkan kualitas hidup bayi.

Kata Kunci : BBLR, Hipotermia, Swaddling, Asuhan Keperawatan
Bibliography : 33 (2019–2024)