

ABSTRAK

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Implementasi *Kangaroo Mother Care* (KMC) Pada Masalah Keperawatan Risiko Hipotermia Bayi Berat Lahir Rendah (BBLR) Di Ruang Perinatologi RSD Dr. Soebandi Jember

xiii+ 59 halaman+ 9 tabel+ 4 lampiran

Latar Belakang: Berat Badan Lahir Rendah (BBLR) meningkatkan risiko hipotermia pada neonatus akibat ketidakmatangan sistem termoregulasi. Salah satu intervensi nonfarmakologis untuk mencegah hipotermia adalah *Kangaroo Mother Care* (KMC). **Tujuan:** Menganalisis implementasi *Kangaroo Mother Care* (KMC) pada masalah keperawatan risiko hipotermia pada neonatus dengan BBLR di Ruang Perinatologi RSD dr. Soebandi Jember. **Metode:** Penelitian menggunakan desain studi kasus dengan pendekatan deskriptif pada 3 neonatus BBLR yang mengalami risiko hipotermia. Pengumpulan data dilakukan melalui observasi, pemeriksaan fisik, wawancara, dan dokumentasi. KMC diberikan selama 1 jam setiap hari selama 3 hari berturut-turut. **Hasil:** Setelah pemberian KMC, terjadi peningkatan suhu tubuh pada seluruh klien. Suhu tubuh klien 1 meningkat dari 36,2°C menjadi 36,7°C, klien 2 dari 36,1°C menjadi 36,8°C, dan klien 3 dari 36,0°C menjadi 36,5°C. Suhu tubuh seluruh klien tetap stabil dalam rentang normal selama observasi. **Kesimpulan:** *Kangaroo Mother Care* (KMC) efektif membantu mempertahankan kestabilan suhu tubuh pada neonatus BBLR sehingga dapat digunakan sebagai intervensi keperawatan nonfarmakologis dalam pencegahan hipotermia.

Kata Kunci: *Kangaroo Mother Care* (KMC), Risiko Hipotermia, Neonatus, BBLR.

ABSTRACT

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The Application of Kangaroo Mother Care (KMC) in Managing Nursing Issues Related to the Risk of Hypothermia in Low Birth Weight (LBW) Infants in the Perinatology Unit at Dr. Soebandi Hospital in Jember

xiii+ 59 Pages+ 9 Tabel+ 4 Appendices

Background: Low birth weight (LBW) increases the risk of hypothermia in neonates due to the immaturity of the thermoregulatory system. One nonpharmacological intervention to prevent hypothermia is Kangaroo Mother Care (KMC). **Objective:** To analyze the implementation of Kangaroo Mother Care (KMC) in addressing nursing issues related to the risk of hypothermia in LBW neonates in the Perinatology Unit at Dr. Soebandi General Hospital, Jember. **Methods:** This study used a case study design with a descriptive approach involving 3 LBW neonates at risk of hypothermia. Data collection was conducted through observation, physical examination, interviews, and documentation. KMC was provided for 1 hour daily over 3 consecutive days. **Results:** Following KMC administration, body temperature increased in all clients. Client 1's body temperature increased from 36.2°C to 36.7°C, Client 2's from 36.1°C to 36.8°C, and Client 3's from 36.0°C to 36.5°C. All clients' body temperatures remained stable within the normal range during observation. **Conclusion:** Kangaroo Mother Care (KMC) is effective in helping maintain body temperature stability in low birth weight (LBW) neonates and can therefore be used as a non-pharmacological nursing intervention in the prevention of hypothermia.

Keywords: Kangaroo Mother Care (KMC), Risk of Hypothermia, Neonates, Low Birth Weight (LBW).