

THE APPLICATION OF PHOTOTHERAPY TO ICTERIC DEGREES IN INFANTS WITH NEONATE HYPERBILIRUBINE PROBLEMS IN THE NUSA INDAH III SLEMAN HOSPITAL

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ABSTRACT

Background: Hyperbilirubinemia is defined as a total serum bilirubin level ≥ 5 mg/dL (86 μ mol/L), characterized by yellowing of the skin, conjunctiva, and mucosa. Physiologically, bilirubin levels will increase after birth, then settle down and then decrease after 7 days of age. One way that can be done to reduce hyperbilirubin is with phototherapy.

Objective: To find out the description of the application of phototherapy to the degree of jaundice in infants with neonatal hyperbilirubinemia nursing problems in the Nusa Indah III Room of the Sleman General Hospital.

Methods: This study used a descriptive method with a case study approach to child nursing care using a design for measuring the degree of jaundice before and after the implementation of phototherapy carried out for 1x24 hours which was carried out on 2 respondents.

Results: This study showed that there was a decrease in the degree of icteric before and after the implementation of phototherapy, the first respondent experienced a decrease in the degree of icteric from degree 4 to degree 2, while the second respondent experienced a decrease in the degree of icteric from degree 3 to degree 2.

Conclusion: Phototherapy can reduce the degree of jaundice in hyperbilirubinemia infants in the Nusa Indah III Room at Sleman Hospital.

Keywords: Hyperbilirubin; phototherapy; decrease in the degree of jaundice.

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**PENERAPAN FOTOTERAPI TERHADAP DERAJAT IKTERIK PADA
BAYI DENGAN MASALAH KEPERAWATAN HIPERBILIRUBIN
NEONATUS DI RUANG NUSA INDAH III RSUD SLEMAN**

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ABSTRAK

Latar Belakang: Hiperbilirubinemia didefinisikan sebagai kadar bilirubin serum total ≥ 5 mg/dL (86 μ mol/L), ditandai dengan kuning pada kulit, konjungtiva, dan mukosa. Secara fisiologis, kadar bilirubin akan meningkat setelah lahir, lalu menetap dan selanjutnya menurun setelah usia 7 hari. Salah satu cara yang dapat dilakukan untuk mengurangi hiperbilirubin adalah dengan fototerapi.

Tujuan: Mengetahui gambaran penerapan fototerapi terhadap derajat ikterik pada bayi dengan masalah keperawatan hiperbilirubin neonatus di Ruang Nusa Indah III RSUD Sleman.

Metode: Penelitian ini menggunakan metode deskriptif dengan pendekatan studi kasus asuhan keperawatan anak menggunakan rancangan pengukuran derajat ikterik *pre* and *post* pelaksanaan fototerapi dilakukan selama 1x24 jam yang dilakukan pada 2 responden.

Hasil: Penelitian ini menunjukkan bahwa terdapat penurunan derajat ikterik *pre* dan *post* pelaksanaan fototerapi, pada responden pertama mengalami penurunan derajat ikterik dari derajat 5 menjadi derajat 2, sedangkan pada responden kedua mengalami penurunan derajat ikterik dari derajat 3 menjadi derajat 2.

Kesimpulan: Fototerapi mampu menurunkan derajat ikterik pada bayi hiperbilirubinemia Di Ruang Nusa Indah III RSUD Sleman.

Kata Kunci: Hiperbilirubin; Fototerapi ; Penurunan Derajat Ikterus.

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