

PENERAPAN *KANGAROO MOTHER CARE* PADA BAYI BERAT BADAN LAHIR RENDAH DENGAN RISIKO HIPOTERMIA DI RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRAK

Latar Belakang: Bayi dengan Berat Badan Lahir Rendah (BBLR) memiliki risiko tinggi mengalami ketidakstabilan suhu tubuh akibat ketidakmatangan sistem termoregulasi. *Kangaroo Mother Care* (KMC) merupakan metode perawatan dengan kontak kulit ke kulit yang dapat membantu menjaga kestabilan suhu tubuh bayi BBLR.

Tujuan: Mendeskripsikan penerapan *Kangaroo Mother Care* pada bayi berat badan lahir rendah dengan risiko hipotermia di RSUD Panembahan Senopati Bantul.

Metode: Karya tulis ilmiah ini menggunakan metode deskriptif dengan pendekatan studi kasus pada dua bayi BBLR yang mengalami ketidakstabilan suhu tubuh di Ruang Kunti RSUD Panembahan Senopati Bantul. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi. Intervensi *Kangaroo Mother Care* dilakukan selama 1 jam setiap hari selama 3 hari berturut-turut dengan pengukuran suhu tubuh sebelum dan sesudah tindakan.

Hasil: Penerapan *Kangaroo Mother Care* menunjukkan adanya peningkatan suhu tubuh pada kedua bayi BBLR. Pada klien pertama, suhu tubuh sebelum KMC meningkat dari 35,9°C (*thermogun*) 36,0°C (aksila) menjadi 36,5°C (*thermogun*) 36,6°C (aksila) pada hari ketiga, dan suhu sesudah KMC mencapai 37,3°C (*thermogun*) 37,2°C (aksila). Pada klien kedua, suhu tubuh sebelum KMC meningkat dari 36,0°C (*thermogun*) 36,0°C (aksila) menjadi 36,6°C (*thermogun*) 36,5°C (aksila) pada hari ketiga, dan suhu sesudah KMC mencapai 37,2°C (*thermogun*) 37,2°C (aksila). Hasil tersebut menunjukkan bahwa KMC efektif dalam membantu menjaga kestabilan suhu tubuh bayi BBLR.

Kesimpulan: Penerapan *Kangaroo Mother Care* efektif dalam meningkatkan dan menjaga kestabilan suhu tubuh pada bayi dengan berat badan lahir rendah.

Kata Kunci: BBLR, hipotermia, *Kangaroo Mother Care*, neonatus

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THE IMPLEMENTATION OF KANGAROO MOTHER CARE IN LOW BIRTH WEIGHT INFANTS WITH RISK OF HYPOTHERMIA AT RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRACT

Background: Low Birth Weight (LBW) infants are at high risk of experiencing body temperature instability due to the immaturity of the thermoregulation system. Kangaroo Mother Care (KMC) is a skin-to-skin contact care method that can help maintain body temperature stability in LBW infants.

Objective: To describe the implementation of Kangaroo Mother Care in low birth weight infants with risk of hypothermia at Panembahan Senopati Hospital Bantul.

Methods: This scientific paper used a descriptive method with a case study approach involving two LBW infants experiencing body temperature instability in the Kunti Ward of Panembahan Senopati Hospital Bantul. Data were collected through interviews, observation, physical examination, and documentation. Kangaroo Mother Care intervention was performed for 1 hour daily for 3 consecutive days with body temperature measurements taken before and after the intervention.

Results: The implementation of Kangaroo Mother Care showed an increase in body temperature in both LBW infants. In the first client, body temperature before KMC increased from 35.9°C (thermogun) and 36.0°C (axillary) to 36.5°C (thermogun) and 36.6°C (axillary) on the third day, while the temperature after KMC reached 37.3°C (thermogun) and 37.2°C (axillary). In the second client, body temperature before KMC increased from 36.0°C (thermogun) and 36.0°C (axillary) to 36.6°C (thermogun) and 36.5°C (axillary) on the third day, while the temperature after KMC reached 37.2°C (thermogun) and 37.2°C (axillary). These results indicate that KMC was effective in helping maintain body temperature stability in LBW infants.

Conclusion: The implementation of Kangaroo Mother Care was effective in improving and maintaining body temperature stability in low birth weight infants.

Keywords: hypothermia, Kangaroo Mother Care, low birth weight, neonates

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