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PENGUNAAN *NESTING* UNTUK KESTABILAN FISILOGIS TUBUH PADA BBLR DI RSUD AL IHSAN

ABSTRAK

XIV, 66 hal, 5 Bab, 2 bagan, 5 gambar, 3 tabel, 11 lampiran

Studi kasus ini dilatarbelakangi karena masih tingginya kasus BBLR di Indonesia. Kasus bayi berat lahir rendah (BBLR) di RSUD Al-Ihsan mencapai 147, sejak awal Januari 2022. Imaturitas sistem organ tubuh akan membuat BBLR sulit beradaptasi dengan lingkungan dan rentan terkena stress yang dapat meningkatkan risiko kesakitan dan kematian. Kondisi stress dan ketidaknyamanan akan membuat ketidakstabilan fisiologis. Tujuan studi kasus ini untuk memberikan gambaran penggunaan *nesting* untuk kestabilan fisiologis tubuh meliputi nadi, respirasi, saturasi oksigen dan suhu tubuh pada BBLR di RSUD Al Ihsan. Metode studi kasus yang digunakan adalah metode studi kasus deskriptif. Hasil studi kasus yang didapatkan setelah diberikan *nesting* terjadi peningkatan suhu tubuh dan saturasi oksigen, terjadi penurunan frekuensi nadi dan respirasi namun masih dalam batas normal dan bayi terlihat lebih nyaman, tenang, tidak rewel atau menangis dan tertidur. Sehingga dapat disimpulkan bahwa *nesting* dapat memberikan kestabilan fisiologis tubuh pada BBLR. Rekomendasi bagi perawat untuk menggunakan *nesting* secara berkelanjutan pada BBLR di ruangan agar pemulihan dan kestabilan fisiologis tubuh BBLR bisa dilaksanakan secara tepat dan cepat.

Kata Kunci: BBLR, *Nesting*, Kestabilan fisiologis tubuh
Daftar Pustaka: 31 sumber (2012- 2021)

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***THE USE OF NESTING FOR BODY PHYSIOLOGICAL STABILITY IN
LBW AT RSUD AL IHSAN***

ABSTRACT

XIV, 66 pages, 5 chapters, 2 charts, 5 figures, 11 tables, 12 appendices

This case study is motivated by the high number of LBW cases in Indonesia. Cases of low birth weight babies (LBW) in Al-Ihsan Hospital reached 147, since early January 2022. The immaturity of the body's organ systems will make it difficult for LBW to adapt to the environment and vulnerable to stress that can increase the risk of illness and death. Conditions of stress and discomfort will create physiological instability. The purpose of this case study is to provide an overview of the use of nesting for the physiological stability of the body including pulse, respiration, oxygen saturation and body temperature in low birth weight babies in Al Ihsan Hospital. The case study method used is a descriptive case study method. The case study results obtained after being given nesting increased body temperature and oxygen saturation, decreased pulse and respiration rates but were still within normal limits and the baby looked more comfortable, calm, not fussy or crying and fell asleep. So it can be concluded that nesting can provide physiological stability of the body in LBW. Recommendations for nurses to use nesting on an ongoing basis for LBW in the room so that the recovery and physiological stability of the LBW body can be carried out appropriately and quickly.

*Keywords: LBW, Nesting, Physiological stability of the body
Bibliography: 31 sources (2012-2021)*