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*Application of the Chest Attachment Method to Help Babies Burp in Normal
Newborns in the Sindangbarang Community Health Center Area, Bogor City*

ABSTRACT

Background: *Newborns often experience discomfort after breastfeeding due to air swallowed during feeding and trapped in the stomach. This condition may cause regurgitation, abdominal bloating, fussiness, and sleep disturbances. One non-pharmacological intervention that can help expel trapped air from the stomach is the chest attachment method.*

Objective: *To determine the application of the chest attachment method in assisting newborns to burp and improving the comfort of normal newborns in the working area of Sindangbarang Community Health Center, Bogor City.*

Methods: *This study employed a qualitative case study design. The participants consisted of two normal newborns aged 0–28 days who met the inclusion criteria. Data were collected through interviews, observations, documentation, and assessment of infant comfort using the Neonatal Comfort Scale (NCS). The intervention consisted of applying the chest attachment method after breastfeeding according to the Standard Operating Procedure (SOP), followed by an evaluation of changes in the infants' comfort levels.*

Results: *Before the intervention, the NCS score of Baby K was 23 (uncomfortable), while Baby S scored 14 (fairly comfortable). After the implementation of the chest attachment method, the NCS scores decreased to 11 for Baby K (fairly comfortable) and 6 for Baby S (comfortable). Both infants were able to burp successfully after breastfeeding, appeared calmer, cried less frequently, slept more comfortably, and experienced weight gain during the observation period. Differences in outcomes between the participants were influenced by breastfeeding effectiveness, the infants' condition, and the quality of breastfeeding attachment.*

Conclusion: *The application of the chest attachment method was effective in helping newborns burp and improving their comfort after breastfeeding. This intervention can be recommended as a simple, safe, and easy-to-teach non-pharmacological nursing intervention for mothers in newborn care.*

Keywords: *Newborn, Chest Attachment Method, Burping, Infant Comfort.*

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Penerapan Metode Perlekatan Dada Untuk Membantu Bayi Bersendawa Pada Bayi Baru Lahir Normal Di Wilayah Puskesmas Sindangbarang Kota Bogor

ABSTRAK

Latar Belakang: Bayi baru lahir sering mengalami ketidaknyamanan setelah menyusu akibat udara yang tertelan dan tertahan di dalam lambung. Kondisi tersebut dapat menyebabkan bayi mengalami gumoh, kembung, rewel, serta gangguan tidur. Salah satu intervensi nonfarmakologis yang dapat dilakukan untuk membantu mengeluarkan udara dari lambung adalah metode perlekatan dada.

Tujuan: Mengetahui penerapan metode perlekatan dada untuk membantu bayi bersendawa dan meningkatkan kenyamanan pada bayi baru lahir normal di wilayah kerja Puskesmas Sindangbarang Kota Bogor.

Metode: Penelitian ini menggunakan desain studi kasus dengan pendekatan kualitatif. Partisipan terdiri atas dua bayi baru lahir normal usia 0–28 hari yang memenuhi kriteria inklusi. Pengumpulan data dilakukan melalui wawancara, observasi, dokumentasi, dan pengukuran tingkat kenyamanan menggunakan Neonatal Comfort Scale (NCS). Intervensi berupa penerapan metode perlekatan dada setelah menyusu dilakukan sesuai Standar Operasional Prosedur (SOP), kemudian dilakukan evaluasi perubahan tingkat kenyamanan bayi.

Hasil: Sebelum intervensi, skor NCS pada By. K adalah 23 (tidak nyaman) dan pada By. S adalah 14 (cukup nyaman). Setelah penerapan metode perlekatan dada, skor NCS menurun menjadi 11 pada By. K (cukup nyaman) dan 6 pada By. S (nyaman). Kedua bayi berhasil bersendawa setelah menyusu, tampak lebih tenang, tangisan berkurang, tidur lebih nyaman, serta mengalami peningkatan berat badan selama periode observasi. Perbedaan hasil antarpartisipan dipengaruhi oleh efektivitas menyusu, kondisi bayi, dan kualitas perlekatan saat menyusu.

Kesimpulan: Penerapan metode perlekatan dada efektif membantu bayi baru lahir bersendawa dan meningkatkan kenyamanan setelah menyusu. Intervensi ini dapat dijadikan sebagai tindakan keperawatan nonfarmakologis yang sederhana, aman, dan mudah diajarkan kepada ibu dalam perawatan bayi baru lahir.

Kata kunci: Bayi Baru Lahir, Metode Perlekatan Dada, Sendawa, Kenyamanan Bayi.

