

INTISARI

Latar Belakang: Intervensi pemberian posisi penting bagi optimalisasi sistim organ pada bayi prematur. Pemberian posisi pada bayi prematur diruang Perinatal RSUP Dr Sardjito masih dominan dalam posisi telentang. Respon fisiologis terhadap perubahan posisi dari para peneliti sebelumnya memberikan hasil yang berbeda-beda.

Tujuan penelitian: Mengetahui pengaruh perubahan posisi tidur terhadap suhu badan, saturasi oksigen dan denyut jantung bayi prematur di RSUP Dr. Sardjito Yogyakarta.

Metode: Penelitian kuantitatif Pre - eksperiment, desain *one group pre-test post-test*. Populasi bayi prematur di ruang Perinatal RSUP Dr. Sardjito, sampel 35 responden dengan *consecutive sampling* sesuai kriteria inklusi dan eksklusi. Instrumen Termometer digital dan *Pulse oximetry* digital. Analisa Univariat dengan *Saphiro-Wilk* dan bivariat dengan *Wilcoxon*.

Hasil : Perbandingan pre-post suhu badan posisi telentang *p value* 0,636 dan *p value* 0,127, posisi miring kanan *p value* 0,941, posisi miring kiri *p value* 0,420. Saturasi oksigen posisi telentang *p value* 0,000 dan *p value* 0,027, posisi miring kanan *p value* 0,856, miring kiri *p value* 0,000. Denyut jantung posisi telentang *p value* 0,786 dan 0,849, posisi miring kanan *p value* 0,522, posisi miring kiri *p value* 0,509.

Kesimpulan: (*Pre-Post*) Tidak ada pengaruh signifikan posisi telentang, miring kanan, dan miring kiri terhadap suhu badan. Ada pengaruh signifikan posisi telentang dan miring kiri terhadap saturasi oksigen, tidak ada pengaruh signifikan posisi miring kanan terhadap saturasi oksigen. Tidak ada pengaruh signifikan posisi telentang, miring kanan, dan miring kiri terhadap denyut jantung. (*Post-Post*) tidak ada pengaruh signifikan pada semua posisi.

Kata Kunci: posisi tidur, suhu badan, saturasi oksigen, denyut jantung, bayi prematur

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ABSTRACT

Background: Positioning interventions are important for the optimization of organ systems in premature infants. Positioning of preterm infants in the Perinatal Room of Dr. Sardjito Hospital is still dominant in the supine position. Physiological responses to changes in position from previous researchers provide different results.

Objective of the study: To determine the effect of changes in sleep position on body temperature, oxygen saturation and heart rate of premature babies at Dr. Sardjito Hospital Yogyakarta.

Methods: This research was a Pre-experiment quantitative research which was using one group pre-test post-test design. The object of the research was a population of premature babies in the Perinatal room of Dr. Sardjito Hospital, in which the samples were 35 respondents with consecutive sampling according to inclusion and exclusion criteria. Instruments used were the Digital thermometer and digital pulse oximetry. The data was analyzed by using a Univariate analysis with Saphiro-Wilk and bivariate with Wilcoxon.

Results: Pre-post comparison of body temperature in supine position p value 0.636 and p value 0.127, right oblique position p value 0.941, left oblique position p value 0.420. Oxygen saturation supine position p value 0.000 and p value 0.027, right oblique position p value 0.856, left oblique position p value 0.000. Heart rate supine position p value 0.786 and 0.849, right oblique position p value 0.522, left oblique position p value 0.509.

Conclusion: (Pre-Post) There was no significant effects of supine, right oblique, and left oblique positions on body temperature. There was a significant effect of supine and left oblique position on oxygen saturation, there was no significant effect of right oblique position on oxygen saturation. There was no significant effect of supine, right oblique, and left oblique positions on heart rate. (Post-Post) there was no significant effects on all positions.

Keywords: sleeping position, body temperature, oxygen saturation, heart rate, preterm infants

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