

EFEKTIVITAS DAN KEAMANAN KOLOSTRUM UNTUK PERAWATAN TALI PUSAT

Titis Widowati

Bagian Ilmu Kesehatan Anak FK-UGM/RS Dr. Sardjito
Yogyakarta

Intisari

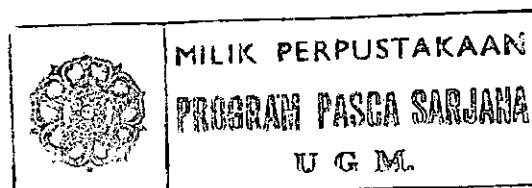
Tujuan. Infeksi tali pusat merupakan salah satu penyebab tersering sepsis neonatorum. Infeksi tali pusat dapat dicegah dengan persalinan dan teknik perawatan tali pusat aseptik. Kolostrum merupakan bahan alternatif untuk perawatan tali pusat karena mengandung zat anti infeksi dan anti inflamasi di samping steril, murah dan tekniknya mudah dilakukan oleh ibu sendiri. Penelitian ini bertujuan untuk mengetahui efektivitas dan keamanan kolostrum dibanding alkohol 70% untuk perawatan tali pusat.

Metode. Delapan puluh enam bayi cukup bulan yang sehat dan memenuhi kriteria inklusi di Instalasi Maternal Perinatal RS Sardjito selama penelitian, dilakukan alokasi acak menjadi 2 kelompok penelitian yaitu kelompok kolostrum (42 bayi) dan kelompok alkohol (44 bayi). Panjang puntung tali pusat sesudah dipotong lebih kurang 3 cm. Kolostrum atau alkohol (ethanol 70%) masing-masing diteteskan langsung ke kasa steril kemudian dioleskan pada tali pusat mulai dari pangkal sampai ujungnya 2 kali sehari sesudah bayi dimandikan. Analisis dilakukan terhadap waktu pelepasan tali pusat dan tanda-tanda infeksi tali pusat. Bayi yang menunjukkan tanda-tanda infeksi dilakukan pemeriksaan darah (trombosit, leukosit, hitung jenis, CRP).

Hasil. Rerata waktu pelepasan tali pusat lebih cepat pada kelompok kolostrum dibanding alkohol (mean $133,5 \pm 38,0$ jam dibanding $188,0 \pm 68,8$ jam, $p = 0,003$). Beda mean waktu pelepasan tali pusat kedua kelompok penelitian 54,5 jam (Interval Kepercayaan 95% 13,6 – 64,8). Terjadinya infeksi lokal tali pusat tidak berbeda antara kelompok kolostrum (1/40 bayi) dibanding kelompok alkohol (4/42 bayi) dengan $p = 0,22$. Selama penelitian tidak dijumpai bayi yang mengalami infeksi sistemik.

Kesimpulan. Kolostrum aman dan efektif untuk perawatan tali pusat pada bayi cukup bulan yang sehat. Kolostrum mudah diperoleh, steril dan dapat memberikan kepuasan psikologis bagi ibu dalam merawat bayinya.

Kata kunci : bayi cukup bulan, kolostrum, alkohol, waktu pelepasan tali pusat





THE EFFECTIVENESS AND SAFETY OF COLOSTRUM IN UMBILICAL CORD CARE

Titis Widowati

Department of Child Health, Faculty of Medicine/Dr. Sardjito Hospital
Gadjah Mada University, Yogyakarta

Abstract

Objective. Umbilical cord infection is one of the common cause of neonatal sepsis. It can be prevented and reduced by clean delivery and clean cord care. Colostrum which has antiinfective and antiinflammatory effects is cheap, sterile and easily applied agent for umbilical cord care. The aim of this study was to assess the effectiveness and safety of colostrum compare to alcohol (70% ethanol) in umbilical cord care.

Methods. A total of 86 healthy fullterm infants in the Perinatology unit of Dr. Sardjito General Hospital who enrolled on this study were randomly assigned to receive either colostrum (42 infants) or alcohol (44 infants) for cord care. The average length of the umbilical stump was 3 cm. Either colostrum or alcohol was dropped on a sterile gauze and the umbilical stump was wiped from the abdominal wall site to the end of the stump twice dailly after the baby was bathed. Cord separation time and clinical signs of umbilical and systemic infection were evaluated.

Result. Mean cord separation time was significantly shorter in the colostrum group compare to alcohol group (133.5 ± 38.0 hours vs 188.0 ± 68.8 hours, $p = 0.003$). The mean difference in cord separation time between the two groups was 54.5 hours (95% CI = 13.6 – 64.8). The incidence of local infection was not different in both groups (1/40 in the colostrum group vs 4/42 in the alcohol group) ; $p = 0.22$). No infant had clinical signs or laboratory evidence of systemic infection.

Conclusion. Colostrum is as safe and as effective for umbilical cord care in healthy fullterm babies. It is easy to obtain and use by mothers, sterile and can be a source of satisfaction and comfort to mothers.

Key word : fullterm newborn, colostrum, alcohol, cord separation time.