

# Pengaruh Perubahan Posisi Tidur pada Bayi Baru Lahir Hiperbilirubinemia dengan Fototerapi terhadap Kadar Bilirubin Total

Parulian, Tina Shinta, author

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## Abstrak

Hiperbilirubinemia merupakan fenomena klinis yang sering ditemukan pada bayi baru lahir. Tujuan penelitian untuk mengidentifikasi pengaruh perubahan posisi tidur selama fototerapi terhadap rata-rata kadar bilirubin total. Desain penelitian adalah quasi experimental pre-post test with control group. Sampel yang digunakan yaitu bayi baru lahir dengan hiperbilirubinemia, terdiri atas 20 bayi kelompok intervensi dan 20 bayi kelompok kontrol. Analisis perbedaan kadar bilirubin total menggunakan independent t test. Hasil penelitian menunjukkan tidak ada perbedaan yang bermakna pada kadar bilirubin total kelompok kontrol dan kelompok intervensi, namun penurunan kadar biliubin pada kelompok intervensi lebih cepat dari pada kelompok kontrol. Penelitian ini merekomendasikan perubahan posisi tidur dapat mempercepat penurunan kadar bilirubin total.

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<b>Abstract</b><br>

Hyperbilirubinemia is a clinical phenomenon that mostly appears to the newborn baby. The purpose of the research is to identify the effect of changing sleeping position during the phototherapy on the rate of total concentrate of bilirubin. The research design was quasi experimental pre-post test with control group. The sampel, was new born babies with hyperbilirubinemia; which were classified into 20 babies in intervention group and 20 babies in controlled group. The analysis of different total bilirubin rate used independent t test showed that there was no any significant differences on the total of bilirubin rate in controlled group and intervention group. However, the total bilirubin rate reduction on the intervention group was faster than control group. This research reccomended that sleeping position changes can decrease the total bilirubin rate fastly.