

## Penurunan respon nyeri akut pada bayi prematur yang dilakukan prosedur invasif melalui developmental care

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### Abstrak

Nyeri merupakan stimulus yang dapat merusak perkembangan otak bayi prematur. Developmental care merupakan salah satu strategi untuk mengurangi respon nyeri akibat prosedur invasif. Penelitian ini bertujuan untuk mengetahui pengaruh developmental care terhadap respons nyeri akut pada bayi prematur yang dilakukan prosedur invasif. Penelitian menggunakan rancangan quasi experimental non equivalent control group, before and after design, dengan jumlah sampel 42 bayi prematur terdiri dari 21 responden sebagai kelompok kontrol dan 21 sebagai kelompok intervensi yang dipilih dengan teknik sampling accidental sampling. Pada penelitian ini didapatkan hasil ada perbedaan selisih skor respons nyeri akut antara kelompok yang diberikan developmental care dan kelompok kontrol ( $p=0,000$ ;  $\alpha=0,05$ ), developmental care menurunkan skor nyeri sebesar 2,05 poin. Developmental care perlu diterapkan dalam memberikan asuhan keperawatan pada bayi prematur. Penelitian lanjutan tentang pengaruh developmental care terhadap perkembangan bayi prematur pada dari aspek kognitif, bahasa, dan motorik perlu dilakukan.

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Pain is a stimulus that can damage the developing brains of premature babies. Developmental care is one strategy in reduce pain caused by invasive procedure. The objective of this research was to determine the effects of developmental care on acute pain response in premature babies who had been performed invasive procedure. This study used quasiexperiment research design non equivalent control group, before and after design, involving 42 sample consisted of 21 premature babies in both control and intervention groups, technical sampling used accidental sampling. This study founded that there was a significant difference in change score of acute pain response between on intervention and control groups ( $p=0.000$ ;  $\alpha=0.05$ ), developmental care decreased 2,05 point of pain scores). Developmental care was recommended to be applied in nursing care for premature babies. Further research on effect developmental care on development of premature babies influence cognitive, languages, and motor skills aspects need to be designed.