

## Newborn individualized developmental care and assessment program (NIDCAP) terhadap hasil jangka panjang perkembangan bayi prematur: suatu telaah / Defi Efendi, Yeni Rustina

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### Abstrak

Neonates Intensive Care Units (NICU) merupakan tempat penting untuk bayi prematur yang sekaligus merupakan tempat berbahaya akibat karakteristik NICU. NICU dapat meningkatkan risiko gangguan perkembangan bayi. Gangguan ini dapat dicegah melalui penerapan asuhan perkembangan. Newborn Individualized Developmental Care and Assessment Program (NIDCAP) merupakan metode asuhan perkembangan yang dianggap sebagai salah satu pendekatan terbaik dalam pemberian asuhan perkembangan dengan pertimbangan NIDCAP mampu memberikan pelayanan secara individual berdasarkan isyarat bayi dengan pendekatan perawatan berfokus keluarga. Pengukuran efektifitas NIDCAP didasarkan pada respon neurobehavioral bayi prematur saat berada di NICU. NIDCAP terbukti dapat memperbaiki pola tidur bayi, dan respons fisiologis bayi seperti saturasi oksigen, pernafasan, dan nadi. Hasil studi literatur menunjukkan bahwa asuhan perkembangan dengan menggunakan metode NIDCAP tidak berpengaruh terhadap hasil perkembangan bayi prematur jangka panjang. Studi dan pengkajian yang mendalam diperlukan untuk menemukan asuhan perkembangan dengan menggunakan metode yang lebih efektif dan efisien.

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A Review: Newborn Individualized Developmental Care and Assessment Program (NIDCAP) to Development of Long-Term Results Premature Infants. Neonatal Intensive Care Unit (NICU) is both vital spot for preterm infant and also dangerous spot which caused by NICU's characteristics. NICU increases the risk of infant developmental disturbance. Infant developmental disturbance can be prevented by implementing Developmental care in NICU setting. Newborn Individualized Developmental Care and Assessment Program (NIDCAP) is method who being regarded as one of the best approach for delivering developmental care with those consideration NIDCAP is able to give an individual service base on the infant cues trough family-centered care approach. The measurement of NIDCAP effectiveness is shown by the infant's neurobehavioral response in the NICU. NIDCAP can repair the baby's sleep-awake pattern, and her physiological response such as oxygen saturation, respiration rater, and hearth rate. This study show that the implementation of developmental care using the NIDCAP method doesn't affect to the long-term outcome for the preterm infants. The further research is needed to find out the other developmental care method which is more effective and efficient.