

# Dampak posisi prone versus supine pada status oksigenasi bayi prematur selama menjalani weaning CPAP : randomized control trial = The effect prone versus supine for oxygenation status of preterm infants being weaned from CPAP : randomized control trial

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## Abstrak

Kebutuhan alat bantu napas CPAP sangat vital pada bayi prematur yang mengalami distress pernapasan, tetapi penggunaan CPAP jangka panjang sangat merugikan. Upaya untuk melakukan weaning perlu dilakukan dalam memfasilitasi bayi beradaptasi pasca weaning. Tujuan penelitian ini adalah untuk mengidentifikasi pengaruh pengaturan posisi prone dan supine terhadap status oksigenasi bayi prematur yang menjalani weaning CPAP. Desain penelitian adalah randomize control trial. Responden berjumlah 60 bayi prematur dengan alat bantu napas ventilasi non mekanik atau CPAP (kelompok intervensi posisi prone =30 dan kelompok kontrol posisi supine =30), secara randomisasi kontrol acak. Analisis yang dilakukan univariate dan bivariate. Ada perbedaan bermakna saturasi oksigen, frekuensi napas dan denyut nadi pada posisi prone sehingga posisi prone dapat memberikan kestabilan saturasi oksigen, frekuensi nadi dan frekuensi napas pada bayi prematur selama menjalani weaning CPAP. Pada kelompok prone lebih sedikit mengalami reCPAP yaitu 3 responden (10%). Tetapi tidak ada hubungan antara pemberian posisi dengan reCPAP ( $p=0,472$ ). Penelitian selanjutnya agar menggunakan posisi quarter prone atau semi prone dan sampel yang lebih besar.

.....The need for a CPAP is vital for preterm baby with respiratory distress, but the impact of long-term use is very harmful. The effort to do weaning must be done and facilitate the baby to adapt after weaning. The purpose of this study was to identify the effect of prone positioning on oxygen status in preterm infants undergoing CPAP weaning. The research design was a randomize control trial. Respondents total 60 preterm infants with non-invasive ventilation or CPAP (prone position intervention group = 30 and control group supine position = 30). Univariate and bivariate analyzes were performed. There is a significant difference in oxygen saturation, respiratory rate and pulse rate in the prone position so that the prone position can stabilize oxygen saturation, heart rate and respiratory rate in preterm infants during CPAP weaning. ReCPAP in the prone group was less frequent (10%). However, there is no relation between positioning and reCPAP. Further research should use the position of quarter prone or semi prone in the larger sample.