Optimalisasi Asuhan Keperawatan pada Bayi Prematur dengan Risiko Gangguan Termoregulasi Melalui Pendekatan Model Konservasi Levine = Optimizing Nursing Care for Premature Infants with Risk of Thermoregulation Disorders through the Levine Conservation Model Approach

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Abstrak

Bayi prematur mempunyai banyak risiko gangguan kesehatan yang dapat dialami akibat fungsi dan sistem tubuh yang belum sempurna. Mandi merupakan tindakan non invasif yang dilakukan setiap hari dan dapat mengakibatkan stres pada bayi. Respon stres yang ditunjukkan oleh bayi prematur selama prosedur memandikan dapat berupa menangis, tremor, kehilangan suhu tubuh, dan perubahan tanda-tanda vital. Tujuan penelitian ini adalah memberikan gambaran penerapan Model Konservasi Levine pada asuhan keperawatan bayi prematur dengan risiko gangguan termoregulasi melalui teknik memandikan swaddled bath. Penelitian ini menggunakan metode studi kasus terhadap lima bayi prematur yang berisiko mengalami gangguan termoregulasi melalui pendekatan proses keperawatan. Gangguan termoregulasi dapat menghambat proses adaptasi bayi prematur dalam mencapai keutuhannya, sehingga diperlakukan intervensi berbasis Model Konservasi Levine melalui empat prinsip konservasi. Hasil penelitian menunjukkan bahwa Model Konservasi Levine dapat digunakan dalam asuhan keperawatan bayi prematur dengan masalah termoregulasi melalui penggunaan teknik memandikan swaddled bath.

.....Premature babies have many risks of health problems that can be experienced due to immature body functions and systems. Bathing is a non-invasive action that is performed every day and can cause stress to the baby. The stress respone shown by premature babies during the bathing procedure can be in the form of crying, tremors, loss of body temperature, and changes in vital signs. The purpose of this study was to provide an overview of the application of the Levine Conservation Model in nursing care of premature infants with a risk of thermoregulation disorders through the swaddled bath technique. This research used a case study method of five premature babies who were at risk of experiencing thermoregulation disorders through the nursing process approach. Disorders of thermoregulation can hinder the adaptation process of premature babies in achieving their wholeness, so interventions based on the Levine Conservation Model are treated through four principles of conservation. The results of this study indicate that the Levine Conservation Model can be used in nursing care of premature infants with thermoregulation problems through the use of the swaddled bath technique.