

# Efektivitas Transfer Intra Rumah Sakit Dengan Pendekatan Metode STABLE Terhadap Respons Fisiologis Bayi Baru Lahir Dan Status Emosional Orang Tua = Effectiveness Of Intra-Hospital Transfer With STABLE Method Approach On Newborn Physiologic Responses And Parental Emotional Status

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## Abstrak

Bayi yang lahir prematur atau bayi yang mengalami masalah kesehatan harus segera dipindahkan ke tempat yang memiliki fasilitas yang lebih memadai seperti ruang perina atau ruang perawatan intensif neonatus (NICU). Sebelum dilakukan transfer, bayi harus dipastikan dalam keadaan stabil agar tidak terjadi kejadian merugikan selama proses transfer. Kejadian merugikan yang dapat terjadi selama proses transfer bayi antara lain hipotermia, hipoksia, hipoglikemia, ketidakstabilan hemodinamik, bahkan kematian. Proses stabilisasi sebelum dilakukannya transfer dapat dilakukan dengan metode STABLE yang terdiri dari pemeriksaan sugar and safe care, temperature, airway, blood pressure, lab work, dan emotional support. Penelitian ini bertujuan untuk mengidentifikasi efektivitas transfer intra rumah sakit dengan pendekatan metode STABLE terhadap respons fisiologis bayi baru lahir dan status emosional orang tua. Penelitian ini menggunakan desain randomized controlled trial parallel design. Responden pada penelitian ini adalah bayi baru lahir secara spontan ataupun operasi caesar di RSUD Bandung Kiwari pada bulan Maret-April 2024 yang berjumlah 52 bayi. Intervensi dilakukan pada bayi baru lahir dan orang tua sesuai metode STABLE berdasarkan hasil pemeriksaan. Pengukuran respons fisiologis bayi baru lahir menggunakan monitor ECG, glukometer, dan termometer axilla digital, sedangkan status emosional orang tua diukur menggunakan kuesioner State Anxiety Inventory (SAI). Hasil penelitian menunjukkan adanya perbedaan signifikan respons fisiologis bayi baru lahir pada variabel glukosa darah, suhu tubuh, frekuensi napas, dan saturasi oksigen ( $p < 0.05$ ); sedangkan pada variabel denyut nadi, CRT (capillary refill time), dan status emosional orang tua tidak menunjukkan hasil yang signifikan ( $p > 0.05$ ). Hasil penelitian ini dapat dijadikan acuan oleh perawat perina dalam melakukan stabilisasi bayi baru lahir dengan kondisi khusus agar proses transfer lebih aman dan tidak terjadi kejadian merugikan.

.....Preterm baby or babies with health problems should be immediately transferred to a place with more adequate facilities such as the perina room or neonatal intensive care unit (NICU). Before the transfer, the baby must be ensured to be in a stable state so that no adverse events occur during the transfer process. Adverse events that can occur during the transfer process include hypothermia, hypoxia, hypoglycemia, hemodynamic instability, and even death. The stabilization process before transfer can be done with the STABLE method which consists of checking sugar and safe care, temperature, airway, blood pressure, lab work, and emotional support. This study aims to identify the effectiveness of intra-hospital transfer with the STABLE method approach to newborn physiological responses and parents' emotional status. This study used a randomized controlled trial parallel design. Respondents in this study were newborns born spontaneously or by cesarean section at Bandung Kiwari Hospital in March-April 2024, totaling 52 babies. Interventions were carried out on newborns and parents according to the STABLE method based on the results of the examination. Measurement of newborns' physiological responses used ECG monitors,

glucometers, and digital axilla thermometers, meanwhile parents' emotional status was measured using the State Anxiety Inventory (SAI) questionnaire. The results showed significant differences in physiological responses of newborns on variables of blood glucose, body temperature, respiratory rate, and oxygen saturation ( $p < 0.05$ ); meanwhile on variables of heart rate, CRT (capillary refill time), and emotional status of parents did not show significant results ( $p > 0.05$ ). The results of this study can be used as a reference by perina nurses in stabilizing newborns with special conditions so that the transfer process is safer and no adverse events occur.