

Pengaruh Model Intervensi Keperawatan Berfokus Nutrisi terhadap Keterampilan Minum Oral, Grafik Pertumbuhan Bayi Prematur, Dyadic Interaction, dan Pengetahuan Ibu = The Effect of the Nutrition-Focused Nursing Intervention Model on Oral Feeding Skills, Growth Charts of Premature Infants, Dyadic Interaction, and Maternal Knowledge

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Abstrak

Latar belakang: Keterampilan minum oral merupakan proses yang kompleks dalam perawatan bayi prematur di ruang perawatan intensif neonatus. Peningkatan keterampilan minum oral melibatkan peran serta ibu melalui pembentukan dyadic interaction untuk mengoptimalkan nutrisi bayi prematur Tujuan: Penelitian bertujuan menganalisis pengaruh Model Intervensi Keperawatan Berfokus Nutrisi terhadap keterampilan minum oral, grafik pertumbuhan bayi prematur, dyadic interaction, dan pengetahuan ibu. Metode: Penelitian mixed methods dengan pendekatan sekuensial eksploratori. Tahap I merupakan studi deskriptif kualitatif eksploratif pada 12 perawat neonatus. Tahap II adalah penyusunan model melalui analisis dan sintesis hasil penelitian tahap I dengan melibatkan tiga pakar. Tahap III adalah validasi model melalui penelitian kuasi eksperimen. Hasil: Teridentifikasi tujuh tema pada penelitian tahap I, yang selanjutnya dijadikan dasar menyusun tiga konsep model pada penelitian tahap II. Tiga konsep model tersebut meliputi: (1) Menciptakan lingkungan terapeutik untuk stimulasi keterampilan minum oral; (2) Membentuk interaksi ibu dengan bayi prematur untuk mengoptimalkan pemberian nutrisi; dan (3) Melibatkan peran serta ibu dan keluarga dalam persiapan perawatan bayi prematur dengan ketidakmampuan minum oral di rumah. Perangkat model yang dihasilkan adalah modul, buku kerja, dan selebaran. Analisis GLM Repeated Measure menunjukkan perbedaan keterampilan minum oral (p value $< 0,001$), berat badan (p value $0,64$), panjang badan (p value $0,72$), lingkar kepala (p value $0,28$), dyadic interaction (p value $< 0,001$), pengetahuan ibu (p value $< 0,001$). Simpulan: Model Intervensi Keperawatan Berfokus Nutrisi efektif meningkatkan keterampilan minum oral, dyadic interaction, pengetahuan ibu, namun belum bermakna terhadap grafik pertumbuhan. Saran: Model Intervensi Keperawatan Berfokus Nutrisi dapat diimplementasikan di ruang perawatan intensif neonatus.

.....Background: Oral feeding skills are a complex process in the care of premature infants in the neonatal intensive care unit. Improving oral feeding skills involves maternal participation through the formation of dyadic interaction to optimize premature infant nutrition. Objective: The study aimed to analyse the impact of the Nutrition-Focused Nursing Intervention Model on oral feeding skills, growth charts of premature infants, dyadic interaction, and maternal knowledge. Method: This mixed-methods study used a sequential exploratory approach. Stage I was an exploratory descriptive qualitative study involving 12 neonatal nurses. Stage II involved developing a model through analysis and synthesis of the results from Stage I, with input from three experts. Stage III was a model validation through quasi-experimental research. Result: Seven themes were identified in Stage I, which became the basis for developing three model concepts in Stage II. The three model concepts included: (1) Creating a therapeutic environment for stimulating oral feeding skills; (2) Forming interactions between mothers and premature infants to optimize the nutrition; and (3) Involving mothers and families in preparing for the care of premature infants with oral

feeding disabilities at home. The resulting model tools included a module, workbook, and leaflet. GLM Repeated Measures analysis showed differences in oral feeding skills (p-value < 0.001), body weight (p-value 0.64), body length (p-value 0.72), head circumference (p-value 0.28), dyadic interaction (p-value < 0.001), and maternal knowledge (p-value < 0.001). Conclusion: The Nutrition-Focused Nursing Intervention Model effectively improved oral feeding skills, dyadic interaction, and maternal knowledge, but did not significantly affect growth charts. Suggestion: The Nutrition-Focused Nursing Intervention Model can be implemented in neonatal intensive care units.