

Asuhan Keperawatan Pada Bayi Prematur Dengan Penerapan PIOMI (Prematur Infant Oral Motor Intervention) Untuk Meningkatkan Kesiapan Minum Bayi Prematur Di Ruang Perinatal = Nursing Care Of Premature Infant With Applications PIOMI to Increase the Feeding Ability Of Premature Infant in Perinatology

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Abstrak

kelahiran prematur merupakan kelahiran dengan usia gestasi sebelum 37 minggu. Angka kelahiran prematur terus meningkat secara global selama dua dekade terakhir. Setiap tahun, sekitar 15 juta bayi lahir prematur, yang merupakan lebih dari 1 dari setiap 10 bayi, dan hampir 1 juta anak meninggal akibat komplikasi yang terkait dengan kelahiran prematur. Persalinan prematur menghambat pasokan nutrisi melewati plasenta yang penting untuk pertumbuhan dan perkembangan janin sehingga bayi prematur juga berjuang untuk memenuhi kebutuhan dasar hidup mereka akan makanan oral hal ini juga disebabkan koordinasi fungsi menghisap, dan fungsi menelan pada bayi prematur masih rentan. Sering kali kita jumpai bayi prematur terpasang selang orogastric dikarenakan fungsi menghisap dan menelan belum sempurna namun penggunaan selang orogastric untuk nutrisi optimal dalam jangka waktu yang lama tidak dianjurkan. Untuk meningkatkan efektivitas pemberian makan oral pada bayi prematur dapat diberikan rangsangan motorik seperti premature infant oral motor intervention (PIOMI) yang terdiri dari berbagai stimulasi oral dan dapat membantu bayi mengembangkan menghisap atau sucking. PIOMI dilakukan selama dua kali sehari berturut-turut selama perawatan bayi dengan durasi Tindakan selama lima menit. Hasil evaluasi menunjukkan PIOMI efektif dalam meningkatkan refleks hisap dan menelan bayi sehingga bayi menunjukkan kesiapan minum asi peroral. Pengukurannya dilakukan melalui penilaian skor Premature Oral Feeding readiness Assessment Scale (POFRAS) dan didapatkan peningkatan skor tiap harinya. PIOMI mampu meningkatkan kesiapan makan/minum bayi dari enteral ke oral setelah PIOMI dilakukan secara rutin.

.....Premature birth is any birth before 37 weeks. Preterm birth rates have continued to increase globally over the past two decades. Each year, approximately 15 million babies are born prematurely, which is more than 1 in every 10 babies, and nearly 1 million children die from complications related to premature birth. Premature birth hampers the supply of nutrients through the placenta which is important for the growth and development of the fetus so that premature babies also struggle to fulfill their basic life needs for oral food. This is also due to the coordination of sucking and swallowing functions in premature babies who are still vulnerable. We often find premature babies with orogastric tubes installed because their sucking and swallowing functions are not yet perfect, but the use of orogastric tubes for optimal nutrition for long periods of time is not recommended. To increase the effectiveness of oral feeding in premature babies, motor stimulation can be given, such as premature baby oral motor intervention (PIOMI), which consists of various oral stimulations and can help babies develop sucking or sucking. PIOMI is performed twice a day in a row during baby care with a duration of five minutes. The evaluation results show that PIOMI is effective in improving the baby's sucking and swallowing reflexes so that the baby shows readiness to drink breast milk orally. The measurement was carried out by assessing the Premature Oral Feeding Readiness Assessment Scale (POFRAS) score and an increase in the score was obtained every day. PIOMI is able to

increase the baby's readiness to eat/drink from enteral to oral after PIOMI is carried out routinely.