

ABSTRAK

Nama : Anisaul Syarifah Nurfadilah

Program Studi : Profesi Ners

Judul : Analisis Asuhan Keperawatan Pada By.Ny.L Dengan Ikterik Neonatorum Melalui Pemberian *Baby Field Massage* Di Ruang Nicu Rsud Dr. Wahidin Sudiro Husodo Kota Mojokerto

Pembimbing : Siti Indatul Laili, S.Kep.Ns.M.Kes

Ikterik neonatorum merupakan kondisi yang sering terjadi pada bayi baru lahir akibat peningkatan kadar bilirubin dalam darah. Neonatus berisiko mengalami ikterus karena fungsi hati yang belum matang, rendahnya aktivitas enzim glukuronil transferase, memecahkan pemecahan eritrosit, serta meningkatkan sirkulasi enterohepatik bilirubin. Kondisi ini dapat menyebabkan penumpukan bilirubin tidak terkonjugasi sehingga kulit dan sklera tampak kuning. Penanganan yang tepat diperlukan untuk mencegah komplikasi seperti kernikterus. Selain fototerapi, terapi komplementer berupa *Baby Field Massage* dapat membantu mempercepat penurunan kadar bilirubin pada neonatus. Penelitian ini bertujuan untuk menyelamatkan pengasuhan melalui penerapan *Baby Field Massage* pada bayi dengan ikterik neonatorum. Metodologi penelitian menggunakan analisis deskriptif pasien dengan ikterik neonatorum yang tanpa komplikasi diruang NICU. Pengumpulan data dilakukan melalui pengkajian, diagnosa, intervensi, implementasi, evaluasi. Sebelum dilakukan intervensi bayi tampak kuning pada kulit dan sklera, kadar bilirubin total sebesar 10,71 mg/dL, bayi tampak rewel, dan frekuensi menyusu kurang optimal. Setelah dilakukan *Baby Field Massage* selama 3×24 jam, kadar bilirubin menurun menjadi 9,56 mg/dL, warna kuning pada kulit berkurang, bayi tampak lebih tenang, kualitas tidur membaik, serta frekuensi menyusu dan buang air besar meningkat. Masalah penyakit ikterus neonatorum membaik secara bertahap. Keberhasilan *Baby Field Massage* dalam membantu menurunkan kadar bilirubin berkaitan erat dengan stimulasi fisik pada saraf vagus bayi karena pijatan pada bayi akan menstimulasi nervus vagus yang memicu peningkatan motilitas saluran pencernaan dan merangsang pengosongan lambung. Pergerakan usus yang cepat membantu sisa bilirubin terikat dan diekskresikan lebih awal ke luar tubuh melalui feses dan urine. *Baby field massage* efektif membantu menurunkan kadar bilirubin dengan meningkatkan ekskresi bilirubin dan mengurangi sirkulasi enterohepatik.

Kata Kunci: Ikterik Neonatus, *Baby Field Massage*, Fototerapi, Bilirubin.

ABSTRACT

Name : Anisaul Syarifah Nurfadilah
Study Program : Profesi Ners
Title : Analysis of Nursing Care for By.Mrs.L with Neonatal Jaundice Through Providing Baby Field Massage in the NICU Room of Dr. Wahidin Sudiro Husodo Hospital, Mojokerto City
Mentor : Siti Indatul Laili, S.Kep.Ns.M.Kes

Neonatal jaundice is a common condition in newborns caused by elevated blood bilirubin levels. Neonates are at risk of developing jaundice due to immature liver function, low glucuronyl transferase enzyme activity, the breakdown of erythrocytes, and increased enterohepatic circulation of bilirubin. This condition can lead to an accumulation of unconjugated bilirubin, causing the skin and sclera to appear yellow. Appropriate management is required to prevent complications such as kernicterus. In addition to phototherapy, complementary therapy in the form of Baby Field Massage can help accelerate the reduction of bilirubin levels in neonates. This study aimed to evaluate the care provided through the application of Baby Field Massage to infants with neonatal jaundice. The research methodology employed a descriptive analysis of patients with uncomplicated neonatal jaundice in the NICU. Data collection was conducted through assessment, diagnosis, intervention, implementation, and evaluation. Prior to the intervention, the infants exhibited yellowing of the skin and sclera, total bilirubin levels of 10.71 mg/dL, fussiness, and suboptimal breastfeeding frequency. Following Baby Field Massage administered over a 72-hour period (3×24 hours), bilirubin levels decreased to 9.56 mg/dL, skin yellowing diminished, the infants appeared calmer, sleep quality improved, and the frequency of breastfeeding and bowel movements increased. The condition of neonatal jaundice gradually improved. The success of Baby Field Massage in helping to lower bilirubin levels is closely linked to physical stimulation of the infant's vagus nerve; the massage stimulates the vagus nerve, triggering increased gastrointestinal motility and promoting gastric emptying. Rapid bowel movements facilitate the binding and early excretion of bilirubin from the body via feces and urine. Baby Field Massage is effective in helping to lower bilirubin levels by enhancing bilirubin excretion and reducing enterohepatic circulation.

Keywords: Neonatal Jaundice, Baby Field Massage, Phototherapy, Bilirubin.