

Perbedaan efektivitas dua metode pembedongan terhadap respon nyeri pada BBLR yang dilakukan pengambilan darah vena = The differences in effectiveness of two swaddling methods on pain scores of low birth weight lbw infant whom veins blood collection is performed

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Abstrak

BBLR merupakan kasus terbesar yang membutuhkan perawatan intensif. Prosedur menyakitkan sering dilakukan selama bayi dirawat adalah pengambilan darah. Penelitian bertujuan menganalisis perbedaan efektivitas dua metode pembedongan terhadap respon nyeri BBLR. Desain penelitian randomized control trial dengan paralel design pada 42 BBLR. Intervensi yang dilakukan adalah dua cara pembedongan saat bayi dilakukan pengambilan darah vena. Rerata skor nyeri kelompok pembedongan posisi fleksi ekstremitas lebih rendah dibandingkan pembedongan tradisional mumi, walaupun tidak ada perbedaan signifikan skor nyeri pada kedua kelompok intervensi yaitu saat penusukan $p=0,529$, menit 2 $p=0,162$, menit 4 $p=0,342$, menit 6 $p=0,721$, menit 8 $p=0,778$. Usia gestasi berkorelasi dengan skor nyeri $p=0,023$. Metode pembedongan posisi fleksi ekstremitas dan tradisional mumi merupakan intervensi yang dapat digunakan untuk meminimalkan nyeri pada bayi saat pengambilan darah vena.

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Low birth weight LBW infants is the biggest cases requiring intensive care. Painful procedures are often performed during hospitalization. The study aims to analyze differences in the effectiveness of two methods of baby swaddle to the pain score of LBW infant. The study design was randomized control trial with parallel design involving 42 LBW infant divided into two groups. Two ways of swaddling were applied during the baby on going veins blood collection. The mean pain score for swaddle groups in flexed extremity lower than mummies traditional swaddling during venous blood collection procedures however there was no significant difference in pain scores in the intervention groups when pricking $p=0.529$, min 2 $p=0.162$, min 4 $p=0.342$, min 6 $p=0.721$, min 8 $p=0.778$. Gestational age correlated with pain scores. Swaddling method of extremity flexion and mummy traditional is an intervention that can be used to minimize pain in babies as venous blood draw.