

Prevalensi, durasi, faktor risiko dan komplikasi hipotermia pada resusitasi bayi baru lahir usia gestasi kurang sama dengan 32 minggu menggunakan plastik polietilen lembaran dibandingkan plastik Neohelp = Prevalence, duration, risk factors and complications of hypothermia during neonatal resuscitation using polyethylene plastic sheet compared to Neohelp on preterm 32 week age of gestational and less

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Abstrak

Latar belakang: Hipotermia merupakan penyebab utama morbiditas dan mortalitas pada bayi, terutama pada bayi prematur dan atau dengan berat lahir kurang. Membungkus bayi menggunakan plastik terbukti mengurangi hipotermia. Saat ini terdapat Neohelp suatu plastik dengan desain baru yang diharapkan lebih efektif mencegah hipotermia. Tujuan: Mengetahui angka kejadian hipotermia bayi baru lahir dan waktu yang dibutuhkan untuk mencapai normotermia pada resusitasi bayi prematur menggunakan plastik polietilen lembaran dibandingkan dengan plastik Neohelp, serta mengetahui faktor risiko dan komplikasi hipotermia. Metode: Dilakukan randomized controlled trial pada 48 bayi baru lahir usia gestasi 32 minggu, pada 5 rumah sakit. Faktor lingkungan berupa suhu ruangan, kelembaban, waktu transport dari ruang bersalin ke ruang perawatan serta penggunaan 2 macam plastik untuk mencegah hipotermia, dianalisis secara bivariate menggunakan Uji Chi-square, Fisher exact, t-test dan Man-Whitney test. Hasil: Didapatkan nilai angka hampir sama antara kelompok plastik polietilen lembaran dibanding Neohelp untuk mencapai normotermi di ruang bersalin (4,5 menit vs 5 menit), serta rerata suhu tubuh ketika tiba di ruang perawatan (35,6C vs 35,4C). Suhu dan kelembaban ruangan, waktu tempuh dari ruang bersalin ke ruang perawatan, dan 2 jenis plastik tidak terbukti merupakan faktor risiko terjadinya hipotermia. Kesimpulan: Plastik Neohelp tidak terbukti lebih unggul dibanding polietilen lembaran dalam mencegah hipotermia. Peranan petugas kesehatan sangat besar dalam mencegah hipotermia, apapun jenis plastik yang digunakan.Background: Hypothermia is one of the primary causes of morbidity and mortality in newborn period, particularly preterm and low birth weight babies. Prevention of hypothermia by wrapping newborns with plastic sheets has been proven helpful. Neohelp is a specially designed plastic wrap for neonates to prevent hypothermia. Aim: We aimed to determine the prevalence of hypothermia of the newborn and time to reach normothermia on preterm newborn resuscitation using polyethylene plastic sheet compared to Neohelp. We also aimed to determine the risk factors and complications of hypothermia following the resuscitation. Method: This is a randomized control trial of 48 newborn 32 weeks age of gestation in 5 hospitals. The environmental factors assessed were room temperature, humidity, time of travel from delivery room to the care unit and the use of two types of plastic wrap to prevent hypothermia. All of the variables were analyzed using Chi-square, Fischer exact, t-test, and Mann-Whitney. Result: We found only slight difference between polyethylene plastic sheet and Neohelp to reach normothermia in delivery room (4.5 minutes vs 5 minutes). Average temperature on arrival in care unit was not also not significantly different (35.6 centigrade vs 35.4 centigrade). Room temperature, humidity, time of travel from delivery room to care unit, and the type of plastic wrap used were not proven as risk factors of hypothermia. Conclusion: Neohelp was not proven to be superior to polyethylene sheet in preventing hypothermia. Skill of the healthcare personnel

has been the biggest role in preventing hypothermia, regardless of the type of plastic used.