

Penggunaan Pacifier, Nest, dan Gentle Human Touch Meningkatkan Kenyamanan Neonatus Yang Terpasang CPAP Selama Transportasi Ambulans NETS AGD = The Effectiveness of Using Pacifier, Nest, and Gentle Human Touch for Comforting Neonates With CPAP During Transportation With Ambulance NETS AGD

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Abstrak

Proses rujukan neonatus yang terpasang Continuous Positive Airway Pressure (CPAP) dengan menggunakan ambulans darat menimbulkan stres fisik dan ketidaknyamanan yang disebabkan oleh getaran, gerakan, akselerasi, pengereman, kebisingan, dan guncangan selama perjalanan. Penelitian ini bertujuan untuk membandingkan efektivitas penggunaan pacifier, nest, dan Gentle Human Touch (GHT) dan hanya nest dalam memberikan kenyamanan pada neonatus yang terpasang CPAP selama transportasi ambulans Newborn Emergency Transport Service (NETS) AGD. Rancangan penelitian ini menggunakan randomized controlled trial dengan teknik simple random sampling. Selama proses transportasi ambulans, 46 neonatus secara acak di-alokasikan ke dalam dua kelompok: 23 pada kelompok intervensi pacifier, nest, dan GHT, dan 23 pada kelompok kontrol nest. Kenyamanan bayi diukur dengan menggunakan COMFORTneo Scale yang telah tervalidasi dengan cronbach's alpha 0,912, bersamaan dengan Numeric Rating Scale (NRS) Nyeri dan NRS distress yang datanya dianalisis menggunakan SPSS. Hasil penelitian menunjukkan bahwa secara statistik terdapat perbedaan yang signifikan antara kelompok intervensi dan kelompok kontrol dengan skor rerata kenyamanan (8,28:12,22, $p=0,001$), skor rerata NRS nyeri (1,61:2,30, $p=0,002$), dan rerata NRS distress (1,61:2,30, $p=0,005$), yang menunjukkan hasil signifikan $p < 0,05$. Penerapan pacifier, nest, dan GHT memberikan kenyamanan neonatus saat transportasi di dalam ambulans berlangsung, sehingga dapat menjadi alternatif dalam meningkatkan kenyamanan bayi.

.....The process of referral a Continuous Positive Airway Pressure (CPAP) attached neonates using a ground ambulance gives physical stress and discomfort caused by vibration, movement, acceleration, braking, noise, and shocks during travel. This study aims, to compare the effectiveness of using pacifier, nest, and Gentle Human Touch (GHT) and just nest in providing comfort to neonates with CPAP during Newborn Emergency Transport Service (NETS) AGD ambulance transportation. The design of this study used a randomized controlled trial with a simple random sampling technique. During the ambulance transportation process, 46 neonates were randomly allocated into two groups: $n=23$ to the pacifier, nest, and GHT intervention group, and $n=23$ to the nest control group. Infant comfort was measured using the COMFORTneo scale which has been validated with Cronbach's alpha 0.912, along with Numeric Rating Scale (NRS) Pain and NRS distress whose data were analyzed using SPSS. The results showed that there was a statistically significant difference between the intervention group and the control group with a mean score of comfort (8.28:12.22 $p=0.001$), mean score of NRS pain (1.61:2.30 $p=0.002$), and the mean NRS Distress (1.61:2.30 $p=0.005$), which showed significant results $p < 0.05$. The application of pacifier, nest, and GHT provides comfort for neonates during transportation in the ambulance, so that they can be an alternative in increasing baby's comfort.