

Asuhan Keperawatan pada Bayi Hiperbilirubinemia dari Ibu Terkonfirmasi Positif Covid-19 Derajat Berat ARDS dan Intervensi Fototerapi: Laporan Kasus = Nursing Care in Neonatal Hyperbilirubinemia who is born from Mother with Confirmed Positive Covid-19 Severe ARDS and Phototherapy Intervention: Case Report

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Abstrak

Ibu hamil merupakan salah satu kelompok yang sangat berisiko jika terpapar virus Covid-19 karena mengalami perubahan sistem imun dan fisiologis selama masa kehamilan. Akibat infeksi virus Covid-19 yang menyerang paru-paru dan kondisi ibu yang sedang hamil maka menambah keluhan sesak napas. Hal tersebut menyebabkan bayi yang berada dalam rahim ibu harus segera dilahirkan karena berpotensi tidak mendapatkan oksigen yang cukup. Oleh karena itu, berisiko bayi lahir prematur. Kondisi bayi yang prematur menyebabkan organ bayi belum berfungsi dengan baik sehingga terdapat beberapa kondisi akibat dari bayi lahir prematur, salah satunya yaitu bayi berisiko mengalami hiperbilirubinemia. By. Ny. E merupakan bayi perempuan yang lahir dari ibu terkonfirmasi positif Covid-19 derajat berat ARDS dengan usia gestasi 32 minggu (prematur). Saat bayi berusia 3 hari, bayi mengalami ikterik dengan kadar bilirubin yang tinggi. Salah satu intervensi utama untuk menurunkan kadar bilirubin yaitu dengan fototerapi. Pada kasus ini, bayi diberikan fototerapi selama 1x24 jam. Peran perawat sangat penting dalam pemberian fototerapi neonatus. Pada kasus ini, asuhan keperawatan yang dilakukan selama pemberian fototerapi diantaranya yaitu setiap 3 jam sekali bayi dilakukan pemeriksaan tanda vital dan mengganti popok bayi, tanda vital bayi dalam batas normal, bayi tidak mengalami hipertermia, diare maupun ruam kulit akibat dari pemberian fototerapi, kulit bayi terpapar sinar fototerapi dan hanya memakai popok dan penutup mata selama pemberian fototerapi, selain itu kadar bilirubin bayi menurun setelah diberikan fototerapi selama 1x24 jam.

.....Pregnant women are one of the groups who are very at risk if exposed to the Covid-19 virus because they experience changes in the immune and physiological systems during pregnancy. Due to the Covid-19 virus infection that attacks the lungs and the condition of the mother who is pregnant, it adds to the complaint of shortness of breath. This causes the baby in the mother's womb to be born immediately because it has the potential to not get enough oxygen. Therefore, the risk of the baby being born prematurely. The condition of premature babies causes the baby's organs to not function properly so that there are several conditions resulting from premature babies, one of which is that babies are at risk for hyperbilirubinemia. Mrs. E's baby is a baby girl born to a mother who was confirmed positive for COVID-19 with severe ARDS with a gestational age of 32 weeks (premature). When the baby is 3 days old, the baby has jaundice with high levels of bilirubin. One of the main interventions to reduce bilirubin levels is phototherapy. In this case, the baby was given phototherapy for 1x24 hours. The nurse's role is very important in the provision of neonatal phototherapy. In this case, the nursing care carried out during the provision of phototherapy includes every 3 hours the baby is checked for vital signs and changes the baby's diaper, the baby's vital signs is within normal limits, the baby does not experience hyperthermia, diarrhea or skin rash as a result of giving phototherapy, the baby's skin is exposed to sunlight phototherapy and wearing only a diaper and an eye patch during phototherapy, besides that, the baby's bilirubin level decreased after

being given phototherapy for 1x24 hours.