

## ABSTRAK

### STUDI KASUS PENGARUH PEMBERIAN POSISI PRONASI TERHADAP STATUS HEMODINAMIK DAN STATUS KENYAMANAN TIDUR BAYI DENGAN RIWAYAT *RESPIRATORY DISEASE SYNDROME* (RDS)

Alfiana Yulianti<sup>1</sup>, Eni Rahmawati<sup>2</sup>, Desiyani Nani<sup>2</sup>  
Nursing departemenen, Faculty of Health Sciences  
Jenderal Soedirman University  
Email : [alfianayulianti2000@gmail.com](mailto:alfianayulianti2000@gmail.com)

**Background:** Bayi yang dengan riwayat RDS dengan masalah pola nafas tidak efektif dan gangguan pola tidur membutuhkan tindakan untuk mestabilkan frekuensi nafas, meningkatkan saturasi oksigen dan status kenyamanan tidur bayi. Salah satu tindakan untuk bayi dengan riwayat RDS adalah pemberian posisi pronasi. Pemberian posisi pronasi dapat menstabilkan status hemodinamik yang meliputi frekuensi nafas dan detak jantung, meningkatkan saturasi oksigen, serta meningkatkan status kenyamanan tidur bayi.

**Tujuan:** Tujuan dalam penelitian ini adalah mengetahui efektifitas pemberian posisi pronasi terhadap status hemodinamik dan status kenyamanan tidur bayi dengan riwayat RDS.

**Metode:** Metode penelitian yang digunakan peneliti menggunakan studi kasus dengan menerapkan intervensi sesuai *evidence-based nursing*. Subjek penelitian adalah bayi yang memiliki riwayat RDS dengan masalah pola nafas tidak efektif dan gangguan pola tidur.

**Hasil:** Setelah dilakukan tindakan keperawatan pemberian posisi pronasi selama 1 x 180 menit pada bayi *preterm*, *aterm*, dan *postterm* dengan riwayat RDS didapatkan hasil bahwa status hemodinamik ketiga bayi yang meliputi frekuensi nafas dan detak jantung bayi stabil, saturasi oksigen dan status kenyamanan tidur bayi meningkat.

**Kesimpulan:** Pemberian posisi pronasi pada bayi *preterm*, *aterm*, dan *postterm* dengan riwayat RDS dengan masalah keperawatan pola nafas tidak efektif dan gangguan pola tidur didapatkan hasil bahwa status hemodinamik bayi yang meliputi frekuensi nafas dan detak jantung bayi menjadi stabil, saturasi oksigen dan status kenyamanan tidur bayi mengalami peningkatan.

**Keywords:** *Posisi pronasi, respiratory disease syndrome, status hemodinamik*

<sup>1</sup>Mahasiswa Jurusan Keperawatan FIKes Universitas Jenderal Soedirman

<sup>2</sup>Dosen Jurusan Keperawatan FIKes Universitas Jenderal Soedirman

## ABSTRACT

### CASE STUDY EFFECT OF PRONATION POSITIONING ON HEMODYNAMIC STATUS AND SLEEP COMFORT STATUS OF INFANT WITH A HISTORY OF *RESPIRATORY DISEASE SYNDROME* (RDS)

*Alfiana Yulianti<sup>1</sup>, Eni Rahmawati<sup>2</sup>, Desiyani Nani<sup>2</sup>*  
*Nursing departemenen, Faculty of Health Sciences*  
*Jenderal Soedirman University*  
*Email : [alfianayulianti2000@gmail.com](mailto:alfianayulianti2000@gmail.com)*

**Background:** Infants with a history of RDS with problems of ineffective breathing patterns and disturbed sleep patterns require action to stabilize breathing frequency, improve oxygen saturation and sleep comfort status of infants. One of the actions for infants with a history of RDS is pronation. Pronation positioning can stabilize hemodynamic status which includes breathing frequency and heart rate, increase oxygen saturation, and improve the baby's sleep comfort status.

**Purpose:** The purpose of this study was to determine the effectiveness of pronation positioning on the hemodynamic status and sleep comfort status of infants with a history of RDS.

**Method:** The research method used by researchers uses case studies by applying interventions according to evidence-based nursing. The research subjects were infants who had a history of RDS with problems of ineffective breathing patterns and sleep pattern disturbances.

**Results:** After taking nursing actions to provide pronation positioning for 1 x 180 minutes in preterm, aterm, and postterm babies with a history of RDS, the results showed that the hemodynamic status of the three babies which included the frequency of breathing and heart rate of the baby was stable, oxygen saturation and the baby's sleep comfort status increased.

**Conclusion:** Giving pronation position to preterm, aterm, and postterm babies with a history of RDS with nursing problems of ineffective breathing patterns and sleep pattern disturbances results in the hemodynamic status of babies which includes the frequency of breathing and heart rate of babies to be stable, oxygen saturation and sleep comfort status of babies has increased.

**Keywords:** *Hemodinamik status, pronasi positions, respiratory disease syndrome*

<sup>1</sup>Student, Department of Nursing, Faculty of Health Sciences, Jenderal Soedirman University

<sup>2</sup>Lecturer, Department of Nursing, Faculty of Health Sciences, Jenderal Soedirman University