

PENATALAKSANAAN FISIOTERAPI PADA KASUS GLOBAL DEVELOPMENTAL DELAY DI RUMAH SAKIT ANAK BUNDA HARAPAN KITA

Siti Wulandari Sri Oktaviani

Abstrak

Latar Belakang: Global Developmental Delay (GDD) merupakan keterlambatan perkembangan pada dua atau lebih domain perkembangan anak, seperti motorik, bahasa, kognitif, dan sosial-emosional. Intervensi fisioterapi berperan penting dalam merangsang sistem neuromotorik dan meningkatkan keterampilan fungsional anak dengan GDD. Salah satu pendekatan yang umum digunakan adalah Neurodevelopmental Treatment (NDT). **Tujuan:** Untuk mengetahui pemeriksaan, problematik dan intervensi untuk anak dengan Global Developmental Delay. **Metode:** Gross Motor Function Measure (GMFM), Denver Developmental Screening Test (DDST), Sensory Profile, dan pemeriksaan refleks primitif. Intervensi fisioterapi dilakukan menggunakan pendekatan NDT sebanyak 3 kali pertemuan dari November 2024, dengan durasi terapi 30 menit per sesi. **Hasil:** Hasil evaluasi menunjukkan belum terdapat perubahan signifikan pada kemampuan fungsional pasien. Skor GMFM mengalami peningkatan dari 38% menjadi 39% setelah tiga kali pertemuan. Pemeriksaan DDST menunjukkan keterlambatan perkembangan pada aspek motorik kasar dan halus. Pemeriksaan refleks primitif menunjukkan masih aktifnya beberapa refleks yang seharusnya telah menghilang sesuai usia perkembangan. Ditemukan pula gangguan pada pemrosesan sensorik berdasarkan Sensory Profile. **Kesimpulan:** Pendekatan NDT memberikan dampak positif meskipun belum signifikan terhadap perkembangan motorik anak dengan GDD. Terapi yang dilakukan secara konsisten dan dalam durasi yang lebih panjang serta dukungan lingkungan yang memadai dapat meningkatkan efektivitas intervensi.

Kata Kunci: Global Developmental Delay, Neurodevelopmental Treatment, GMFM, Denver II, Sensory Profile, Refleks Primitif.

PHYSIOTHERAPY MANAGEMENT IN CASES OF GLOBAL DEVELOPMENTAL DELAY AT THE HOSPITAL ANAK BUNDA HARAPAN KITA

Siti Wulandari Sri Oktaviani

Abstract

Background: Global Developmental Delay (GDD) is a condition characterized by delays in two or more developmental domains in children, such as motor skills, language, cognition, and socio-emotional development. Physiotherapy intervention plays a significant role in stimulating the neuromotor system and improving functional skills in children with GDD. One commonly used approach is Neurodevelopmental Treatment (NDT). **Objective:** To identify the assessment methods, physiotherapy problems, and interventions for a child with Global Developmental Delay. **Methods:** Gross Motor Function Measure (GMFM), Denver Developmental Screening Test (DDST), Sensory Profile, and primitive reflex assessments. Physiotherapy intervention was carried out using the NDT approach over three sessions starting from November 2024, with each session lasting 30 minutes. **Results:** Evaluation results showed no significant changes in the patient's functional abilities. GMFM score increased slightly from 38% to 39% after three sessions. DDST revealed delays in gross and fine motor development. Primitive reflex assessment indicated the persistence of several reflexes that should have been integrated according to developmental age. Sensory Profile results showed sensory processing difficulties. **Conclusion:** The NDT approach showed a positive impact, although not yet significant, on motor development in a child with GDD. Consistent therapy with longer duration and adequate environmental support may improve the effectiveness of the intervention.

Keywords: Global Developmental Delay, Neurodevelopmental Treatment, GMFM, Denver II, Sensory Profile, Primitive Reflexes.