

**ANALISIS ASUHAN KEPERAWATAN PENERAPAN
INTERVENSI *BREAST MILK ODOR* UNTUK MENGURANGI
NYERI DAN MENINGKATKAN KENYAMANAN NEONATUS
SAAT PROSEDUR *VENIPUNCTURE* DI RUANG PERINA
RSUD PASAR MINGGU**

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Abstrak

Neonatus merupakan individu yang baru lahir dan sedang beradaptasi dari kehidupan dalam rahim ke lingkungan luar dengan perubahan fisiologis yang kompleks. Bayi prematur memiliki risiko lebih tinggi mengalami gangguan adaptasi karena ketidakmatangan organ tubuh, serta sering menjalani berbagai prosedur invasif, seperti *venipuncture* khususnya di ruang perinatologi, yang dapat menimbulkan nyeri serta menurunkan kenyamanan. Penelitian ini bertujuan menganalisis efektivitas *Breast Milk Odor* dalam mengurangi nyeri dan meningkatkan kenyamanan bayi saat prosedur *venipuncture* di ruang Perina. Dua bayi dilibatkan, satu sebagai kelompok intervensi dengan paparan aroma ASI dan satu sebagai kelompok kontrol dengan tindakan standar berupa pembedongan. Tingkat nyeri diukur menggunakan *Neonatal Infant Pain Scale* (NIPS) dan tingkat kenyamanan menggunakan *Premature Infant Comfort Scale* (PICS). Hasil pengukuran menunjukkan selama prosedur skor NIPS pada bayi intervensi sebesar 3,5 (nyeri sedang) dan pada kontrol 6 (nyeri berat), sedangkan skor PICS pada bayi intervensi 19,5 (ketidaknyamanan ringan) dan kontrol 33 (ketidaknyamanan berat). Hasil ini membuktikan bahwa *Breast Milk Odor* efektif sebagai metode nonfarmakologis yang aman, sederhana, dan mudah diterapkan untuk mengurangi nyeri serta meningkatkan kenyamanan neonatus selama prosedur invasif di ruang Perina.

Kata Kunci: *Breast Milk Odor*, Kenyamanan, Neonatus, Nyeri, *Venipuncture*

ANALYSIS OF NURSING CARE IMPLEMENTATION OF BREAST MILK ODOR INTERVENTION TO REDUCE PAIN AND INCREASE COMFORT IN NEONATES DURING VENIPUNCTURE PROCEDURES IN THE PERINA WARD OF PASAR MINGGU REGIONAL GENERAL HOSPITAL

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Abstract

Neonates are individuals who have just been born and are adapting from life in the womb to the external environment through complex physiological changes. Premature infants are at a higher risk of experiencing adaptation difficulties due to organ immaturity and often undergo various invasive procedures, such as venipuncture, especially in the perinatology unit, which can cause pain and decrease comfort. This study aims to analyze the effectiveness of breast milk odor in reducing pain and increasing comfort in infants during venipuncture procedures in the Perina ward. Two infants were involved: one as the intervention group, exposed to breast milk odor, and one as the control group, receiving standard care through swaddling. Pain levels were measured using the Neonatal Infant Pain Scale (NIPS), and comfort levels were measured using the Premature Infant Comfort Scale (PICS). The results showed that during the procedure, the NIPS score in the intervention infant was 3.5 (moderate pain) and 6 (severe pain) in the control, while the PICS score in the intervention infant was 19.5 (mild discomfort) and 33 (severe discomfort) in the control. These findings indicate that breast milk odor is an effective, safe, simple, and easily applicable non-pharmacological method to reduce pain and improve comfort in neonates during invasive procedures in the Perina ward.

Keywords: *Breast Milk Odor, Comfort, Neonates, Pain, Venipuncture*