

PENERAPAN *EVIDENCE BASED NURSING* (EBN) STIMULASI OROMOTOR TERHADAP PENINGKATAN REFLEKS HISAP PADA BAYI BBLR DI RUANG NICU RSPAD GATOT SOEBROTO

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Abstrak

Latar Belakang: Bayi dengan Berat Badan Lahir Rendah (BBLR) berisiko mengalami keterlambatan kemampuan makan akibat fungsi oromotor yang belum matang. Stimulasi oromotor merupakan intervensi nonfarmakologis yang bertujuan meningkatkan koordinasi hisap, telan, dan napas. **Tujuan:** Mengetahui pengaruh stimulasi oromotor terhadap peningkatan refleks hisap pada bayi BBLR di ruang NICU RSPAD Gatot Soebroto. **Metode:** Intervensi stimulasi oromotor diberikan selama 10–15 menit per sesi sesuai SOP. Kemampuan makan dievaluasi menggunakan *Early Feeding Skill* (EFS) Assessment dengan kategori skor: 19–34 (buruk), 35–44 (sedang), dan 45–57 (baik). Pemantauan skor dilakukan selama lima hari pemberian intervensi. **Hasil:** Terdapat peningkatan skor EFS yang menunjukkan perbaikan refleks hisap dan koordinasi makan. Pada pasien kelolaan, skor EFS meningkat dari 31 (buruk) menjadi 44 (sedang), dengan kenaikan 13 poin, menandakan adanya peningkatan kesiapan makan oral dan maturasi fungsi oromotor.

Kesimpulan: Stimulasi oromotor berpengaruh positif terhadap peningkatan refleks hisap pada bayi BBLR dan dapat digunakan sebagai intervensi keperawatan berbasis bukti untuk mendukung kesiapan nutrisi oral di ruang NICU.

Kata Kunci: Stimulasi Oromotor, Bayi BBLR, Perkembangan Oromotor, NICU

**APPLICATION OF EVIDENCE-BASED NURSING (EBN)
OROMOTOR STIMULATION TO IMPROVE SUCKING REFLEX IN
LBW INFANTS IN THE NICU OF RSPAD GATOT SOEBROTO**

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Abstract

Background: *Low Birth Weight (LBW) infants are at high risk of experiencing delayed feeding abilities due to immature oromotor function. Oromotor stimulation is a non-pharmacological intervention aimed at improving the coordination of sucking, swallowing, and breathing.* **Objective:** *To determine the effect of oromotor stimulation on improving the sucking reflex in LBW infants in the NICU of RSPAD Gatot Soebroto.* **Methods:** *Oromotor stimulation was administered for 10–15 minutes per session according to the Standard Operating Procedure (SOP). Feeding ability was assessed using the Early Feeding Skill (EFS) Assessment, with score categories: 19–34 (poor), 35–44 (moderate), and 45–57 (good). EFS scores were monitored over five days of intervention.* **Results:** *There was an increase in EFS scores, indicating improvement in sucking reflex and feeding coordination. In the managed patient, the EFS score increased from 31 (poor) to 44 (moderate), showing a 13-point improvement, which reflects enhanced oral feeding readiness and maturation of oromotor function.*

Conclusion: *Oromotor stimulation has a positive effect on improving the sucking reflex in LBW infants and can be used as an evidence-based nursing intervention to support oral nutrition readiness in the NICU.*

Keywords: *oromotor stimulation, low birth weight infant, sucking reflex, Early Feeding Skill Assessment, NICU*