

ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN KOMBINASI POSISI SUPINASI DAN PRONASI UNTUK MENSTABILKAN SATURASI OKSIGEN DAN DENYUT JANTUNG PADA BAYI PREMATUR SAAT RUJUKAN KESEHATAN

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Abstrak

Bayi prematur dengan Respiratory Distress Syndrome (RDS) memiliki risiko tinggi mengalami gangguan oksigenasi, terutama saat proses rujukan antarfasilitas. Studi kasus ini menganalisis penerapan kombinasi posisi pronasi 1 jam dan supinasi 2 jam pada bayi prematur usia gestasi 33 minggu yang menggunakan CPAP PEEP 7 dan FiO₂ 21% selama perjalanan rujukan. Pemantauan saturasi oksigen dan denyut jantung sebelum, selama, dan setelah intervensi menunjukkan hasil stabil (SpO₂ 97–98% dan HR dalam batas normal), tanpa tanda desaturasi atau bradikardia. Efektivitas ini sejalan dengan bukti penelitian sebelumnya bahwa rotasi posisi meningkatkan ventilasi alveolar dan stabilitas fisiologis pada bayi prematur. Temuan ini menunjukkan bahwa kombinasi posisi prone–supine dapat menjadi intervensi sederhana, aman, dan berbasis bukti untuk mendukung oksigenasi selama rujukan.

Kata Kunci: bayi prematur, CPAP, *evidence-based nursing*, RDS, posisi *prone–supine*, RDS, rujukan antarfasilitas.

ANALYSIS OF NURSING CARE WITH THE APPLICATION OF COMBINED SUPINE AND PRONE POSITIONS TO STABILIZE OXYGEN SATURATION AND HEART RATE IN PREMATURE INFANTS DURING MEDICAL REFERRAL

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Abstract

Premature infants with Respiratory Distress Syndrome (RDS) are at high risk for impaired oxygenation, especially during interfacility referrals. This case study analyzes the application of a combined positioning intervention—1 hour of prone and 2 hours of supine positioning—in a premature infant of 33 weeks' gestational age who was supported with CPAP at PEEP 7 and FiO₂ 21% during transport. Monitoring of oxygen saturation and heart rate before, during, and after the intervention showed stable results (SpO₂ 97–98% and heart rate within normal limits) without signs of desaturation or bradycardia. This effectiveness aligns with previous evidence demonstrating that positional rotation improves alveolar ventilation and physiological stability in premature infants. These findings indicate that the prone–supine combination is a simple, safe, and evidence-based intervention to support oxygenation during referral transport.

Keywords: CPAP, evidence-based nursing, interfacility referral, premature infant, prone–supine positioning, RDS.