

EVALUASI PENERAPAN METODE HARVEY 5S (*SWADDLING, SIDE-STOMACH, SHUSHING, SWINGING, SUCKING*) TERHADAP PENURUNAN RASA NYERI SAAT TINDAKAN INVASIF PADA NEONATUS

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Abstrak

Neonatus memerlukan prosedur invasif di NICU untuk kondisi yang mengancam jiwa. Neonatus sering menjalani berbagai prosedur invasif di NICU. Neonatus di NICU berisiko tinggi terpapar nyeri prosedural. Paparan nyeri yang berlebihan atau berkelanjutan dapat merugikan, menyebabkan efek fisiologis yang merugikan dan bahkan konsekuensi jangka panjang. Muncul salah satu metode non-farmakologis yang efektif untuk manajemen nyeri pada bayi, yaitu Metode 5S (*Swaddling, Side-Stomach, Shushing, Swinging, Sucking*) yang diperkenalkan oleh Harvey Karp. Metode ini menenangkan bayi menggunakan sensasi dalam rahim dapat memberikan efek tenang dan nyaman bagi bayi. Penelitian ini menggunakan pendekatan studi kasus (*case study*) pada empat bayi yang dirawat di ruang NICU. Intervensi berupa Metode Harvey 5S dilakukan selama tiga hari berturut-turut setiap tindakan invasif dilakukan. Data dikumpulkan melalui observasi langsung dan dokumentasi serta implementasi langsung pada kedua bayi tersebut. Evaluasi dilakukan berdasarkan penurunan skala nyeri selama tiga hari berturut-turut. Hasil yang didapat, setelah dilakukan intervensi Metode Harvey 5S secara rutin, terjadi penurunan skala 7 (nyeri berat) menjadi 0 (tidak nyeri). Kesimpulan dari asuhan keperawatan metode harvey 5S terbukti efektif dalam menurunkan skala nyeri pada neonatus saat tindakan invasif berlangsung di NICU. Intervensi ini dapat menjadi bagian dari praktik keperawatan standar di ruang perawatan intensif neonatal.

Kata Kunci: *Swaddling, Side-Stomach, Shushing, Swinging, Sucking*, Neonatus, NICU

EVALUATION OF THE APPLICATION OF THE HARVEY 5S METHOD (SWADDLING, SIDE-STOMACH, SHUSHING, SWINGING, SUCKING) ON THE REDUCTION OF PAIN DURING INVASIVE PROCEDURES IN NEONATES

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Abstract

Newborns require invasive procedures in the NICU for life-threatening conditions. Newborns often undergo various invasive procedures in the NICU. Newborns in the NICU are at high risk of exposure to procedural pain. Excessive or prolonged exposure to pain can be harmful, causing adverse physiological effects and even long-term consequences. One effective non-pharmacological method for pain management in infants is the 5S Method (Swaddling, Side-Stomach, Shushing, Swinging, Sucking) introduced by Harvey Karp. This method calms infants by using sensations similar to those in the womb, providing a calming and comforting effect. This study used a case study approach on four infants treated in the NICU. The intervention, consisting of the Harvey 5S Method, was performed for three consecutive days during each invasive procedure. Data were collected through direct observation and documentation, as well as direct implementation on both infants. Evaluation was based on the reduction in pain scale over three consecutive days. The results showed that after the Harvey 5S Method was routinely applied, the pain scale decreased from 7 (severe pain) to 0 (no pain). The conclusion is that the Harvey 5S nursing method is effective in reducing the pain scale in neonates during invasive procedures in the NICU. This intervention can be incorporated into standard nursing practice in neonatal intensive care units.

Keywords: *Swaddling, Side-Stomach, Shushing, Swinging, Sucking, neonates, NICU*