

EVALUASI PENERAPAN POSISI *FACILITATED TUCKING* TERHADAP RESPON NYERI SAAT PENGAMBILAN SAMPEL DARAH PADA NEONATUS DI RUANG NICU RSPAD GATOT SOEBROTO

Najiyatul Luthfiyah

Abstrak

Neonatus berada pada masa 28 hari pertama kehidupan yang sangat rentan terhadap nyeri akibat prosedur invasif berulang, seperti pengambilan darah tumit, yang dapat menimbulkan dampak jangka panjang terhadap perkembangan kognitif, fisiologis, dan emosional. Nyeri yang tidak tertangani dengan baik dapat menyebabkan gangguan *neurobehavioral*, emosi, hingga mengancam kelangsungan hidup bayi. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk mengurangi nyeri adalah *facilitated tucking*. Penelitian ini bertujuan mengevaluasi penerapan posisi *facilitated tucking* terhadap respon nyeri neonatus saat prosedur pengambilan sampel darah di ruang NICU RSPAD Gatot Soebroto. Sampel terdiri dari 4 bayi, 2 pasien kelolaan yang diberikan intervensi dan 2 pasien resume tanpa intervensi. Intervensi dilakukan selama 10 menit, dimulai 2 menit sebelum tindakan, dipertahankan selama prosedur, dan dilanjutkan dua menit setelah selesai. Hasil menunjukkan bahwa bayi yang mendapatkan *facilitated tucking* tampak lebih tenang, memiliki ekstremitas yang lebih rileks, denyut jantung dan saturasi oksigen yang lebih stabil, serta skor NIPS lebih rendah. Sementara itu, bayi tanpa intervensi memperlihatkan tangisan lebih kuat, kekakuan ekstremitas, peningkatan frekuensi napas, dan skor NIPS lebih tinggi. Temuan ini menunjukkan bahwa *facilitated tucking* efektif dalam menurunkan respon nyeri pada neonatus selama pengambilan sampel darah.

Kata Kunci: *Facilitated Tucking*; Neonatus; NICU; Nyeri

***EVALUATION OF THE APPLICATION OF THE FACILITATED
TUCKING POSITION ON PAIN RESPONSE DURING BLOOD
SAMPLING IN NEONATES IN THE NICU AT
RSPAD GATOT SOEBROTO***

Najiyatul Luthfiyah

Abstract

Neonates are in the first 28 days of life, a period during which they are highly vulnerable to pain caused by repeated invasive procedures such as heel-stick blood sampling, which may lead to long term impacts on cognitive, physiological, and emotional development. Poorly managed pain can result in neurobehavioral disturbances, emotional problems, and may even threaten neonatal survival. One non-pharmacological intervention that can be used to reduce pain is facilitated tucking. This study aims to evaluate the application of the facilitated tucking position on neonatal pain response during blood sampling procedures in the NICU at RSPAD Gatot Soebroto. The sample consisted of four neonates, including two managed patients who received the intervention and two control patients who did not receive the intervention. The intervention was performed for 10 minutes, starting two minutes before the procedure, maintained throughout the procedure, and continued for two minutes afterward. The results showed that neonates who received facilitated tucking appeared calmer, had more relaxed extremities, more stable heart rate and oxygen saturation, and lower NIPS scores. In contrast, neonates without the intervention displayed stronger crying, extremity stiffness, increased respiratory rate, and higher NIPS scores. These findings indicate that facilitated tucking is effective in reducing pain responses in neonates during blood sampling procedures.

Keywords: *Facilitated Tucking; Neonates; NICU; Pain*