ABSTRAK

IMPLEMENTASI *FOOT REFLEXOLOGY* TERHADAP PENURUNAN KADAR BILIRUBIN PADA BY. NY. K DENGAN MASALAH KEPERAWATAN IKTERIK NEONATUS DI RUMAH SAKIT X

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Pendahuluan: Hiperbilirubinemia merupakan salah satu penyebab kematian terbesar pada bayi. Masalah keperawatan yang dihadapi adalah ikterik neonatus yang dapat mengakibatkan dampak serius. Untuk itu, penelitian ini dilakukan untuk menurunkan kadar bilirubin pada bayi dengan masalah keperawatan utama ikterik neonatus. **Metode:** Desain studi kasus tunggal dengan sampel bayi berusia 10 hari dengan Hiperbilirubinemia. Data dikumpulkan dengan cara wawancara, pengkajian fisik, dan observasi studi dokumen catatan medis. Intervensi yang dilakukan yaitu perawatan bayi dengan pemberian terapi *foot reflexology* dengan dosis pemberian 2 kali sehari dalam waktu 20 menit selama 7 hari dengan memonitor kadar bilirubin menggunakan *jaundice meter*, frekuensi BAB dan BAK, serta skala Kramer. **Hasil dan Pembahasan:** Sebelum diberikan intervensi perawatan bayi dengan terapi *foot reflexology* dan pemantauan tanda vital selama 7 hari didapatkan hasil rata-rata *jaundice meter* dahi yaitu 11,4 mg/dl dan dada yaitu 14,7 mg/dl, rata-rata frekuensi BAK bayi adalah 3x/24 jam dan belum BAB, serta skala Kramer pada derajat III yaitu rata-rata ikterik mulai dari kepala, bagian lengan, serta tungkai. Sesudah diberikan intervensi, terjadi penurunan bilirubin dengan rata-rata hasil *jaundice meter* dahi yaitu 3,0 mg/dl dan dada yaitu 4,3 mg/dl, mengalami peningkatan frekuensi BAK rata-rata yaitu 6x/24 jam dan BAB rata-rata 5x/24 jam, dan skala Kramer tidak ditemukan ikterik pada kulit bayi. **Kesimpulan:** Pemberian terapi *foot reflexology* efektif menurunkan kadar bilirubin dan meningkatkan frekuensi BAB dan BAK pada bayi dengan Hiperbilirubinemia.

Kata Kunci: Hiperbilirubinemia, Ikterik Neonatus, Terapi *Foot Reflexology*

ABSTRACT

IMPLEMENTATION OF FOOT REFLEXOLOGY TO REDUCE BILIRUBIN LEVELS IN BY. NY. K WITH NEONATAL JAUNDICE NURSING PROBLEMS AT HOSPITAL X

Riyola Wahyunisa

Introduction: Hyperbilirubinemia is one of the biggest causes of mortality death. The nursing problem faced is neonatal jaundice which can have serious consequences. The purpose of this research was conducted to reduce bilirubin levels in babies with the main nursing problem of neonatal jaundice. **Methods:** This was a single case study design with sample a ten-day-old infant with hyperbilirubinemia. Data were collected by interviews, physical assessments, and observational studies of medical record documents. The intervention carried out is infant care by providing foot reflexology therapy with a dose of administration 2 times a day within 20 minutes for 7 days of treatment by monitoring bilirubin levels using a jaundice meter, frequency of defecation and urination, and the Kramer scale. **Results and Discussion:** Before the intervention with foot reflexology therapy and monitoring of vital signs for 7 days, the average jaundice meter result for the forehead was 11.4 mg/dl and chest was 14.7 mg/dl, the average frequency of baby urination was 3x/24 hours and not defecated, and the Kramer scale is at grade III, with average jaundice starting from the head, arms, and legs. After the intervention, bilirubin decreased with an average jaundice meter result for the forehead was 3.0 mg/dl and chest was 4.3 mg/dl, the average frequency of urination increased about 6x/24 hours and an defecation about 5x/24 hours, and on the Kramer scale no jaundice was found on the baby's skin. **Conclusion:** Providing foot reflexology therapy is effective in reducing bilirubin levels and increasing the frequency of defecation and urination in babies with hyperbilirubinemia.

Keywords: *Hyperbilirubinemia, Neonatal Jaundice, Foot Reflexology Therapy*