

ABSTRAK

Latar Belakang: Kematian bayi di Indonesia masih tinggi. Penyebab terbanyak karena BBLR (42%). BBLR perlu perawatan intensif untuk mengurangi mortalitas/morbiditas diantaranya PMK dan *Plastic Wrap*. PMK merupakan kontak langsung ibu dan bayi untuk *bonding* dan kestabilan suhu. *Plastic Wrap* digunakan segera setelah lahir untuk mencegah hipotermia. Penelitian ini bertujuan menggambarkan pelaksanaan PMK dan *Plastic Wrap* meliputi input (ibu, ayah dan bayi), Proses (petugas dan durasi perawatan) dan hasil (hipotermia dan *length of Stay*). **Metode:** Metode Penelitian adalah deskriptif-Cross Sectional dengan sampel sebanyak 96 BBLR (PMK) dan 98 BBLR (*Plastic Wrap*). Variabel penelitian adalah usia ibu, paritas, tempat tinggal, pendidikan, pekerjaan, faktor risiko, penyulit persalinan, usia ayah, pekerjaan, pendidikan, jenis kelamin BBLR, usia gestasi, Berat Lahir, cara persalinan, Apgar skor, tempat lahir, komplikasi bayi, lama perawatan, petugas, hipotermi dan *length of stay*. Instrumen menggunakan Rekam Medik. Analisis data dengan distribusi frekuensi. **Hasil:** Hasil penelitian menunjukkan PMK vs *Plastic Wrap* ibu 20-35 tahun (77,08% vs 70,41%), multiparitas (57,30% vs 60,2%), dari Kota Surabaya (50% vs 47,96%), pendidikan menengah (43,75% vs 60,20%), tidak bekerja (61,8% vs 57,14%), risiko tinggi (71,87% vs 55,10%), penyulit PE/HELLP (33,33% vs 43,88%), memiliki JKN (79,17% vs 63,27%), ayah remaja (81,25% vs 78,57%), pendidikan menengah (53,13% vs 67,35%), pekerjaan karyawan swasta (77,08 % vs 87,76%), PMK bayi perempuan (54,17%) dan *plastic wrap* laki-laki (51,01%), usia gestasi 32-36 minggu (69,8%) vs 28-31 minggu (61,22%), berat badan 1500-2500 (75%) vs 1000-1499(74,49%), Apgar skor >7 (60,42%) vs skor 4-7 (74,49%), tempat lahir IRD (87,50% vs 93,88%), Komplikasi EOS (31,25%) vs RDS (48,98%), lama perawatan PMK *intermitten* (100%) vs ≤ 4 jam (96,94%), oleh perawat (100%vs 97,96%), Hipotermia (3,12% vs 26,53%), *length of stay* >7hari (66,6%vs 65,31%). **Kesimpulan:** Data tersebut menunjukkan input, proses dan output perawatan PMK dan *Plastic Wrap*.

Kata Kunci: *BBLR, Perawatan Metode Kanguru, Plastic Wrap*

ABSTRACT

Background: *Infant mortality in Indonesia is still high. Main cause is LBW (42%). LBW need intensive care to reduce mortality/morbidity such us KMC and Plastic Wrap. KMC is direct contact between mother and baby for bonding and temperature stability. Plastic Wrap used immediately after birth to prevent hypothermia. This research to describes implementation of the KMC and Plastic Wrap including input (mother, father and baby), process(staff and duration of care) and outcome(hypothermia and Lenght of Stay).* **Method:** *Descriptive-Cross Sectional with sample of 96 LBW (KMC) and 98 LBW (Plastic Wrap). The research variables are maternal age, parity, residence, education, occupation, risk factor, complications, father's age, occupation, education, gender, gestational age, birth weight, mode of delivery, apgar score, place of birth, baby's complications, duration, the caring staff, hypothermia and lenght of stay. The instrument used medical records. Data analysis with frequency distribution.* **Result:** *KMC vs Plastic Wrap maternal age majority 20-35 years old (77,08% vs 70,41%), multiparity (57,30% vs 60,2%), from Surabaya (50% vs 47,96%), Middle education (43,75% vs 60,20%), housewife (61,8% vs 57,14%), high risk (71,87% vs 55,10%), PE/HELLP (33,33% vs 43,88%), JKN participant (79,17%vs 63,27%), adolescence (81,25% vs 78,57%), middle education (53,13% vs 67,35%), private employee (77,08 %vs 87,76%), girls in KMC (54,17%) and plastic wrap are boys (51,01%), gestational age 32-36 weeks (69,8%) vs 28-31 weeks (61,22%), weight birth 1500-2500gr (75%) vs 1000-1499gr (74,49%), Apgar Score >7 (60,42%) vs 4-7 (74,49%), place of birth at IRD (87,50% vs 93,88%), complication is EOS (31,25%) vs RDS (48,98%), KMC intermitten (100%) vs ≤ 4 hours (96,94%), by nurse or midwife (100%vs 97,96%), Hypoyhermia (3,12% vs 26,53%), lenght of stay >7 days (66,6%vs 65,31%).* **Conclusion:** *data shows input, process and output of KMC and Plastic Wrap.*

Keyword: *LBW, Kangaroo Mother Care, Plastic Wrap*