

**UNIVERSITAS MUHAMMADIYAH TASIKMALAYA  
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PROGRAM STUDI DIII KEPERAWATAN  
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**Asuhan Keperawatan Pada BBLR dalam Pemenuhan Kebutuhan Aman  
Nyaman Dengan Penerapan Metode *Kangaroo Mother Care* (KMC)  
Untuk Meningkatkan Suhu Tubuh: *Literature Review***

**ABSTRAK**

V bab + 58 halaman + 7 tabel + 3 lampiran

Tingginya bayi yang lahir dengan berat lahir rendah di Dunia setiap tahunnya terus meningkat disebabkan salah satunya kelahiran prematur sehingga perkembangan janin sejak dalam kandungan. Bayi Berat Badan Lahir Rendah (BBLR) ditandai dengan berat kurang dari 2500 gram tanpa memandang usia kehamilan. BBLR sangat rentan terhadap terjadinya hipotermia, karena mekanisme pengaturan suhu tubuhnya belum matur. Penatalaksanaan untuk meningkatkan suhu tubuh pada BBLR dengan metode *Kangaroo Mother Care* (KMC) yaitu metode kontak *skin to skin* dengan meletakkan bayi di dada ibu, dengan hanya memakai popok, topi dan kaos kaki. Tujuan karya tulis ilmiah ini untuk mengetahui gambaran asuhan keperawatan pada BBLR dalam pemenuhan kebutuhan aman nyaman dengan penerapan *Kangaroo Mother Care* (KMC) untuk meningkatkan suhu tubuh berdasarkan *literature review*. Metode yang digunakan *literatur review* berdasarkan *text book* dan tiga artikel jurnal serta satu asuhan keperawatan melalui penelusuran *search engine google* dan *google scholar* dengan rentang tahun 2017-2022. Artikel ditelaah dengan metode PICOT dan diintegrasikan berdasarkan proses keperawatan didapatkan pada tahap pengkajian data fokus ditandai dengan berat badan < 2500 gram, sistem organ yang belum matur, lemak subkutan yang sedikit, suhu tubuh < 36,5°C, belum matangnya sistem saraf pengatur suhu tubuh, dan permukaan tubuh yang relatif luas dibandingkan dengan berat badan., sehingga muncul diagnosa keperawatan hipotermia dan rencana tindakan penerapan metode KMC. Implementasi dilakukan KMC dengan durasi waktu 1 jam atau 24 jam secara terus menerus, di evaluasi bahwa KMC dapat meningkatkan suhu tubuh pada BBLR. Kesimpulan KMC sangat efektif untuk menaikkan suhu tubuh bayi. Disarankan bagi perawat untuk menerapkan metode KMC pada Bayi Berat Badan Lahir Rendah yang mengalami hipotermia.

Kata kunci : BBLR, *Kangaroo Mother Care*, Suhu tubuh  
Daftar pustaka: 16 (2012-2022)

**MUHAMMADIYAH UNIVERSITY OF TASIKMALAYA  
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**Nursing Care for LBW in Fulfilling Safe and Comfortable Needs With  
the Application of the *Kangaroo Mother Care (KMC)* Method to  
Increase Body Temperature: *Literature Review***

**ABSTRACT**

*V chapters + 57 pages + 7 tables + 3 attachments*

*The number of babies born with low birth weight in the world continues to increase every year due to one of them being premature births so that the fetus develops in the womb. Low Birth Weight (LBW) babies are characterized by weighing less than 2500 grams regardless of gestational age. LBW is very susceptible to hypothermia, because the mechanism for regulating body temperature is not yet mature. Management to increase body temperature in LBW with the Kangaroo Mother Care (KMC) method, which is a skin to skin contact method by placing the baby on the mother's chest, wearing only diapers, hats and socks. The purpose of this scientific paper is to find out the description of nursing care for LBW in meeting the needs of safe and comfortable with the application of Kangaroo Mother Care (KMC) to increase body temperature based on a literature review. The method used is a literature review based on a text book and three journal articles as well as one nursing care through a search engine google and google scholar with a span of 2017-2022. The article was reviewed using the PICOT method and integrated based on the nursing process. It was obtained at the stage of assessment of the focus data, characterized by body weight < 2500 grams, immature organ systems, low subcutaneous fat, body temperature < 36.5°C, immaturity of the nervous system regulating body temperature. , and a relatively wide body surface compared to body weight, so that the nursing diagnosis of hypothermia and action plans for the application of the KMC method emerged. Implementation is carried out by KMC with a duration of 1 hour or 24 hours continuously, it is evaluated that KMC can increase body temperature in LBW. Conclusion KMC is very effective to raise the baby's body temperature. It is recommended for nurses to apply the KMC method to Low Birth Weight Babies who experience hypothermia.*

**Keywords** : LBW, Kangaroo Mother Care, Body temperature

**Bibliography** : 16 (2012-2022)