

## PERSPECTIVES

### Effectiveness of Early Initiation of Nursing Hypothermia Prevention in Newborn

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Factors leading cause of death in newborns consisted of Hypothermia, respiratory disorders, premature, sepsis, jaundice, post mature, abnormal congenital, obtained from sources Riskesdas 2007. Early Initiation of Breastfeeding is one way to prevent hypothermia in newborns. Data obtained from Yogyakarta Sleman District Health Office, that the coverage area of Sleman birth rate and the highest Early Initiation of Breastfeeding conducted throughout the district in Yogyakarta. This perspective describes how the effectiveness of Early Initiation of Breastfeeding on the prevention of hypothermia in newborns.

Reports from the World Health Organization, shows that the infant mortality rate is very alarming, occurred in the period Neonatal early on the first day of life issues that are the cause of death in newborns such as: low birth weight, asphyxia, respiratory problems, tetanus,

infection, jaundice, congenital anomalies, sepsis, and hipotermi<sup>1</sup>.

Neonatal mortality rate in Indonesia is still high at about 78.5% occurred at the age of 0-6 days, this is evidenced by the data Riskesdas 2007 that the cause of death Neonatal such as: respiratory disorders (35.9%), prematurity (32.4 %), sepsis (12%), hypothermia (6.3%), blood disorders/Jaundice (5.6%), Post-mature (2.8%), congenital abnormalities (1.4%) <sup>2</sup>.

Based on the results of preliminary studies at the Health Office Yogyakarta contained in the health profile of Yogyakarta Special Region in 2013 showed the overall data births so much per year in 2013 spelled out 45 436 live births from the number of births was not entirely do Early Initiation of Breastfeeding (*IMD*) because not all babies through normal delivery, and for babies who are having problems, and birth defects should get treatment

immediately so as not to do Early Initiation of Breastfeeding (IMD) <sup>3</sup>.

From the data obtained do Early Initiation of Breastfeeding (IMD) 39 239 spelled baby. From the number of live births and the number who do Early Initiation of Breastfeeding (IMD) can be seen at around 6,197 babies who do not suckle Early initiation (IMD) <sup>4</sup>.

According to the data obtained in the Sleman District Health Office profile seen the number of live births in Sleman highest compared to other districts in Yogyakarta with the birth rate in 2013 amounted to 14 225 babies, as well as the amounts do Early Initiation of Breastfeeding (IMD) is the highest compared to other districts in Yogyakarta are fairly 13. 831 babies who do Early Initiation of Breastfeeding (IMD).

It can be calculated from the number of live births by conducting Early Initiation of Breastfeeding (IMD) that 394 babies who do not do Early Initiation of Breastfeeding (IMD) because at birth there are complications that the mother should be referred, and the baby's own experience emergencies and should do an immediate treatment even babies have congenital defects that are not allowed to do Early Initiation of Breastfeeding (IMD) <sup>5</sup>.

Comparison of the number of babies who are born and made IMD there were 14 infants who did not do Early Initiation of

Breastfeeding by an interview with the midwife on duty 14 babies who do not do Early Initiation of Breastfeeding by reason of 7 infant asphyxia heavy that it should be referred, 6 infants due to the third stage of labor mother should be referred because there are complications, and 1 baby has a birth defect.

Based on this background the author interested in conducting a study entitled Effectiveness of Early Initiation of Breastfeeding on the prevention of hypothermia in newborns.

The results obtained documentation of medical records and monthly reports to see the identity of the newborn, and which do Early Initiation of Breastfeeding.

Based on the characteristics of respondents based on inclusion criteria or characteristics that must be met by each member of the population that can be sampled as follows: Characteristics of respondents by age pregnancies of 165 respondents there with gestational age with a percentage of 100%, Characteristics of respondents by sex of the 165 respondent's male of 90 infants with a percentage of 53.2% and women were 75 infants with a percentage of 46.8% the total amount to 100%.

Characteristics based on body length is of 165 respondents had a normal body length with a percentage of 100%. The results of the research show Early

Initiation of Breastfeeding effective in the prevention of hypothermia in newborns of 165 respondents conducted Early Initiation of Breastfeeding (100%) and did not do Early Initiation of Breastfeeding (0%), the incidence of hypothermia no (0%).

These results supported the theory that the mother and baby should berdekapan, skin to skin (baby naked does not dibedong) immediately after birth so the warmth of the baby to stay awake and avoid heat loss due to exposure to ambient temperature. In addition, the results showed that babies who do skin to skin baby happier, heartbeat and breathing are more stable, and increased blood sugar babies, and infants colonized by the same bacteria as the mother so as to prevent allergic diseases.

There is no reason that can serve as a major obstacle to the baby skin contact with the mother immediately after birth for at least 1 hour. Routine hospital procedures, such as weighing the baby, should not take precedence.

IMD is the first step in the right to prevent heat loss due to exposure to room temperature about, other than that in this way the baby's heartbeat is stable, breathing more regularly, so that the spread of oxygen throughout the body would be better, baby calmer, rarely cry, strengthen the bond between mother and baby. Growth and

motor development will be better than those who do not do IMD<sup>7</sup>.

The role of health workers (nurses) are very important in supporting the implementation of Early Initiation of Breastfeeding (IMD) of the newborn. Health workers, especially midwives are not only obliged to help childbirth and care of the newborn, but also give more care prevention of hypothermia that may occur in newborns if not get appropriate care by performing the Early Initiation of Breastfeeding for approximately 1 hour after birth.

In this case the success of Early Initiation of Breastfeeding (IMD) also needs to cooperate with the mother and family so suckle Early initiation can be maximized. In another study<sup>8</sup> Early Initiation of Breastfeeding explained that the first hour after birth can reduce neonatal mortality rate of (22%), whereas that was not done suckle Early initiation 1 hour after birth is a risk factor that can improve neonatal death was 2.4 times greater than Early Initiation of Breastfeeding done.

Tarini<sup>9</sup> research states that babies who do IMD may provide protection against infectious diseases was 1.4 times greater than babies who did not do the IMD. The study conducted by researchers concerned with the effectiveness of the IMD to the prevention of hypothermia in newborns must provide positive support

and great curiosity to suckle Early initiation of all women giving birth without any complications that accompany. IMD is the process of feeding the baby with her own instinct within 1 hour after birth, with the prone position on the mother's chest with skin met skin and covered and fitted topi<sup>10</sup>.

The Early Initiation of Breastfeeding effective to prevent hypothermia in newborns this is in accordance with teori<sup>11</sup> of Early Initiation of Breastfeeding initial step that can be done by health workers to prevent heat loss caused by exposure to room temperature around, the IMD does not disturb health workers to continue action others such as active management of the third stage, but should still be under the supervision of health workers as the baby with IMD.

Entirely newborns do Early Initiation of Breastfeeding (100%) and newborns, who experienced hypothermia (0%). Early Initiation of Breastfeeding performed on newborns 1 hour after birth effective to prevent hypothermia.

### **Conflict of Interest**

The author declared that there is no competing interests exist.

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