

ABSTRAK

STUDI LITERATUR PENANGANAN PADA BAYI BERAT BADAN LAHIR RENDAH DENGAN PEMBERIAN ASI

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Bayi dengan Berat Badan Lahir Rendah (BBLR) adalah bayi yang mempunyai berat badan lahir kurang dari 2500 gam. Bayi dengan BBLR memiliki risiko kematian 20 kali lebih besar dibandingkan bayi dengan berat badan normal. Untuk mengoptimalkan tumbuh kembang pada bayi BBLR serta mencegah dampak yang buruk di masa yang akan datang, maka hal yang terpenting adalah pemberian nutrisi yang adekuat untuk meningkatkan pertumbuhan bayi. Hal ini berhubungan dengan pemberian nutrisi yang tepat secara dini, dimulai sejak di Neonatal Intensive Care Unit (NICU). Nutrisi yang tepat adalah pemberian Air Susu Ibu (ASI), susu formula BBLR, dan nutrisi parenteral lainnya. Nutrisi parenteral dini secara seimbang dan lengkap dapat mencegah kegagalan pertumbuhan dan memungkinkan hasil tumbuh kembang jangka panjang yang lebih baik. Selain energi, protein merupakan kekuatan pendorong untuk pertumbuhan dan perkembangan otak, asupan dini asam amino tinggi harus didampingi dengan emulsi lipid intravena, yaitu sumber kaya energi untuk penggunaan protein. Pemberian suplemen zat besi juga dapat mengoptimalkan tumbuh kembang bayi.

Kata kunci: ASI, BBLR, Nutrisi.

ABSTRACT

LITERATURE STUDY OF HANDLING LOW BODY WEIGHT WITH BREAST FEEDING

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Babies with Low Birth Weight (LBW) are babies who have a birth weight of less than 2500 gam. Babies with LBW have a risk of death 20 times greater than babies with normal weight. To optimize growth and development in LBW infants and prevent adverse effects in the future, the most important thing is the provision of adequate nutrition to enhance infant growth. This relates to early nutritional provision, starting at the Neonatal Intensive Care Unit (NICU). Proper nutrition is the provision of Breast Milk (ASI), BBLR formula milk, and other parenteral nutrition. Breastfeeding is very useful because it contains important nutrients such as long chain polyunsaturated fattyacid (LC-PUFA) and other neurotropic factors. LBW special formula milk has an energy content of 24 kcal / oz, protein

2.2 g / 100 mL, Fat 4.5 g / 100 mL, carbohydrate 8.5 g / 100 mL, calcium 730 mEq / L. Early parenteral nutrition in a balanced and can prevent complete growth failure and enable better long-term growth and development results. In addition to energy, protein is a driving force for brain growth and development, early intake of high amino acids must be accompanied by an intravenous lipid emulsion, which is a rich source of energy for protein use. Providing iron supplements can also optimize the growth and development of infants. In addition to energy, protein is a driving force for brain growth and development, early intake of high amino acids must be accompanied by an intravenous lipid emulsion, which is a rich source of energy for protein use. Providing iron supplements can also optimize the growth and development of infants. In addition to energy, protein is a driving force for brain growth and development, early intake of high amino acids must be accompanied by an intravenous lipid emulsion, which is a rich source of energy for protein use. Providing iron supplements can also optimize the growth and development of infants.

Keyword : Breast feeding, Low body weight, Nutrition.