

**PROGRAM STUDI PENDIDIKAN PROFESI KEBIDANAN FAKULTAS
KEBIDANAN INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**
Evidence Based Practice, 02 April 2026

Rahmah Datul Dina

**Asuhan Kebidanan Berkesinambungan Pada By Ny. S Dengan Penerapan Terapi
Sinar Matahari (Penjemuran Bayi) untuk Mencegah *Ikterus Neonaturum* Di Praktik
Mandiri Bidan Dince Safrina**

XIV + 96 Halaman + 5 Tabel + 8 Lampiran

ABSTRAK

Ikterus Neonaturum merupakan salah satu masalah yang sering terjadi pada bayi baru lahir akibat peningkatan kadar bilirubin. Di Indonesia, prevalensi *Ikterus Neonaturum* dilaporkan berkisar 13,2–58%, dan sekitar 60% bayi cukup bulan mengalami ikterus secara klinis pada minggu pertama kehidupan. Tingginya kejadian tersebut menunjukkan masih perlunya upaya pencegahan dan deteksi dini *Ikterus Neonaturum* melalui asuhan yang tepat dan berkesinambungan. Tujuan: Memberikan asuhan kebidanan pada neonatus dalam upaya pencegahan *Ikterus Neonaturum* dengan penerapan terapi sinar matahari. Metode: Asuhan dilakukan dengan pendekatan studi kasus pada neonatus melalui penerapan terapi sinar matahari selama 3 hari berturut-turut, disertai pemantauan kondisi umum, warna kulit dan sklera, suhu tubuh, kecukupan pemberian ASI, serta tanda-tanda *Ikterus*. Hasil dan Pembahasan: Setelah dilakukan penerapan terapi sinar matahari selama tiga hari berturut-turut disertai pemberian ASI yang adekuat dan pemantauan kondisi neonatus, bayi tetap dalam kondisi baik dan tidak menunjukkan tanda *Ikterus Patologis*. Penerapan terapi sinar matahari dengan memperhatikan keamanan, waktu, durasi, dan pemantauan suhu bayi dapat menjadi salah satu upaya preventif dalam asuhan neonatus. Kesimpulan: Penerapan terapi sinar matahari selama tiga hari berturut-turut disertai pemenuhan ASI dan pemantauan kondisi bayi dapat diterapkan sebagai salah satu upaya pencegahan *Ikterus Neonaturum* pada neonatus. Saran: Keluarga diharapkan memberikan ASI eksklusif, memperhatikan kondisi serta tanda bahaya pada ibu dan bayi, dan segera membawa ibu atau bayi ke fasilitas pelayanan kesehatan apabila ditemukan tanda bahaya atau perubahan kondisi.

Kata Kunci: Asuhan Kebidanan Berkesinambungan, *Continuity of Care*, Bayi Baru Lahir, *Ikterus Neonaturum*, Terapi Sinar Matahari (Penjemuran Bayi).

Daftar Bacaan: 19 (2020-2025)

**MIDWIFERY PROFESSIONAL EDUCATION STUDY PROGRAM FACULTY
OF MIDWIFERY PAYUNG NEGERI INSTITUTE OF HEALTH**

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Continuity of Midwifery Care for Baby Mrs. S with the Application of Sunlight Therapy to Prevent Neonatal Jaundice at Dince Safrina Independent Midwife Practice

XIV + 96 Pages + 5 Tables + 8 Appendices

ABSTRACT

Neonatal Jaundice is one of the common conditions occurring in newborns due to increased bilirubin levels. In Indonesia, the prevalence of Neonatal Jaundice has been reported to range from 13.2–58%, and approximately 60% of full-term infants experience clinical jaundice during the first week of life. The high incidence indicates the continued need for prevention and early detection of neonatal jaundice through appropriate and continuous care. Objective: To provide midwifery care for neonates as an effort to prevent neonatal jaundice through the application of sunlight therapy. Methods: Midwifery care was conducted using a case study approach in a neonate through the application of sunlight therapy for three consecutive days, accompanied by monitoring of the infant's general condition, skin and scleral color, body temperature, adequacy of breastfeeding, and signs of jaundice. Results and Discussion: After the application of sunlight therapy for three consecutive days, accompanied by adequate breastfeeding and monitoring of the neonate's condition, the infant remained in good condition and showed no signs of pathological jaundice. The application of sunlight therapy with attention to safety, exposure time, duration, and monitoring of the infant's body temperature may serve as one preventive effort in neonatal care. Conclusion: The application of sunlight therapy for three consecutive days, accompanied by adequate breastfeeding and monitoring of the infant's condition, can be implemented as one of the preventive efforts against neonatal jaundice. Recommendation: Families are encouraged to provide exclusive breastfeeding, pay attention to the condition and danger signs in both the mother and infant, and immediately seek healthcare services if any danger signs or concerning changes in condition are observed.

Keywords: Continuous Midwifery Care, Continuity of Care, Newborn, Neonatal Jaundice, Sunlight Therapy.

Reading List: 19 (2020-2025)