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Analysis Of The Management Of Essential Care In Newborn

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ABSTRAK

Perawatan esensial pada bayi baru lahir merupakan intervensi penting untuk mencegah komplikasi dan menurunkan angka kematian neonatal. Penelitian ini bertujuan untuk menganalisis pelaksanaan tatalaksana perawatan esensial pada bayi baru lahir di RSUP H. Adam Malik Kota Medan Tahun 2025, meliputi tindakan kontak kulit, perawatan tali pusat, memandikan bayi, pemberian vitamin K, salep mata, dan imunisasi Hepatitis B (HB-0). : Penelitian menggunakan desain cross sectional dengan pendekatan kuantitatif dan melibatkan 76 sampel yang diambil melalui teknik Slovin dari total populasi 329 bayi. Data dikumpulkan melalui observasi, analisis dokumen, dan kuesioner terhadap tenaga kesehatan, kemudian dianalisis secara univariat. Hasil menunjukkan seluruh tindakan perawatan esensial telah dilakukan dengan cakupan 100%, kecuali imunisasi HB-0 yang hanya diberikan pada 90,8% bayi karena beberapa faktor klinis seperti berat badan lahir rendah. Pelaksanaan perawatan esensial secara umum telah sesuai dengan Standar Operasional Prosedur (SOP) dan pedoman WHO. Diperlukan peningkatan konsistensi dalam pemberian imunisasi HB-0 serta edukasi berkelanjutan bagi tenaga kesehatan dan orang tua untuk meningkatkan kualitas pelayanan neonatal.

ABSTRACT

Essential care in newborns is an important intervention to prevent complications and lower neonatal mortality. This study aims to analyze the implementation of essential care procedures for newborns at H. Adam Malik Hospital Medan City in 2025, including skin contact measures, umbilical cord care, infant bathing, vitamin K, eye ointment, and Hepatitis B (HB-0) immunization. : The study used a cross sectional design with a quantitative approach and involved 76 samples taken using the Slovin technique from a total population of 329 infants. Data were collected through observation, document analysis, and questionnaires on health workers, then analyzed univariately. The results showed that all essential care measures had been carried out with 100% coverage, except for HB-

	0 immunization which was only given to 90.8% of infants due to several clinical factors such as low birth weight. The implementation of essential care in general is in accordance with the Standard Operating Procedures (SOP) and WHO guidelines. There is a need to increase consistency in the administration of HB-0 immunization as well as continuous education for health workers and parents to improve the quality of neonatal services.

INTRODUCTION

A newborn (neonate) refers to an infant aged between 0 and 28 days. Typically, they weigh between 2,500–4,000 grams with a gestational age of 37–40 weeks. These infants generally exhibit good movement, cry immediately after birth, have reddish skin, and are able to breastfeed well, without congenital defects. After birth, the infant must adapt from intrauterine to extrauterine life, a process involving a transition from total maternal dependence to physical independence. Three primary components influencing the functional changes and vital processes in neonates are maturation, adaptation, and tolerance. Furthermore, pregnancy and the birthing process also contribute to neonatal morbidity and mortality rates. Following birth, every infant is examined to ensure a successful transition to extrauterine life, typically conducted within the first 24 hours (WHO, 2024).

According to the World Health Organization (WHO, 2024), the global Infant Mortality Rate (IMR) reached 25.519 in 2024, a 2.05% decrease from 26.052 in 2023. While primary causes of neonatal death have declined since 2000, they still accounted for 40% of all under-five deaths between 2000 and 2022. This highlight remains a critical challenge for global healthcare access and service availability for mothers and newborns.

On a national level, Indonesia has shown significant progress. The 2020 Long Form Population Census recorded a decline in IMR from 24 to 16.85. Data from the Indonesian Central Bureau of Statistics (BPS) further confirms this trend, reporting a rate of 16.9 in 2022—a 1.74% decrease from 17.2 in 2021. This reflects a substantial improvement compared to the 2017 Indonesia Demographic and Health Survey (IDHS), which reported an IMR of 24 and an Under-Five Mortality Rate (U5MR) of 32. As IMR serves as a key indicator of a nation’s socio-economic and environmental health, these figures demonstrate Indonesia's ongoing developmental growth.

This research is directly related to Sustainable Development Goal (SDG) number 3, "Good Health and Well-being," specifically the efforts to improve the health and survival of infants during the critical postnatal period. Essential care, such as skin-to-skin contact, exclusive breastfeeding, and infection prevention, can reduce neonatal mortality and morbidity, aligning with the targets of the third pillar of the SDGs.

A preliminary survey conducted by the researcher at RSUP H. Adam Malik, Medan, North Sumatra, in 2025 utilized data from 328 newborns over the course of 2024. Given the critical importance of implementing essential newborn care, the researcher is interested in discussing the "Analysis of Essential Newborn Care Management at RSUP H. Adam Malik, Medan, North Sumatra, 2025."

STIKes Mitra Husada Medan will implement an approach based on PACER cultural values for newborn care at RSUP H. Adam Malik in 2025. Services aligned with current medical standards and the skills of trained health professionals reflect the principle of Professionalism. Accountability for all medical care provided to newborns is demonstrated through transparency. To ensure comprehensive care, a Collaborative approach highlights the cooperation between professions, including doctors, nurses, and midwives. Services focusing on the infant's comfort and the family's needs are grounded in Empathy. Furthermore, research findings are integrated through Reliability in developing evidence-based management to improve the quality of care and reduce the risk of neonatal complications.

METHOD

In this study, analytical research design is used, which is a plan or framework used to collect, analyze, and interpret data to test hypotheses or answer research

questions with a cross sectional design, which is a type of research design that studies risks and effects through observation, and the purpose of collecting data simultaneously or once. This research was carried out during the period from January to June 2025 with a structured time division to ensure comprehensive data collection. This research was conducted at H Adam Malik Hospital, Medan City, North Sumatra Province. The selection of the location of this study was based on the availability of data and resources relevant to the topic being studied, namely essential care in newborns.

In this study, univariate analysis was used to describe the data distribution of each variable in this study separately. The population in this study is all newborns at H Adam Malik Hospital, Medan City, North Sumatra Province from January-December 2024, totaling 328 newborns at H Adam Malik Hospital. The samples in this study are some or representatives of the newborn population and medical personnel involved in the detention of newborns at H Adam Malik Hospital. Using the slovin formula, 10% of the sample in this study is 76 samples with the formula n=1+N·e2N. The variables of this study are independent and dependent variables. The independent variables are vasilicity, and SOPs and dependent variables are the scope of implementation, quality of care, and outcomes for babies.

RESULTS

This research will be carried out at H Adam Malik Hospital, Medan City in 2025. The data that has been described in this study is in the form of an independent variable scale, namely bathing the baby, umbilical cord care, skin contact, administration of vit k, administration of HB 0 and administration of eye ointment. Dependent variables are newborns. In this study, *the cross sectional method* was used so that the research was carried out at one time.

Table 1. Distribution of skin contact frequency in newborns at H Adam Malik Hospital in Medan City in 2025

Skin Contact	Frequency (n)	Percentage (%)
Done	76	100
Not Done	0	0
Total	76	100

Based on the data in Table 4.1, it is stated that skin contact between mother and newborn was carried out at H. Adam Malik Hospital, Medan City. These results show that the practice of skin-to-skin contact has been applied thoroughly by health workers at H Adam Malik Hospital. Skin contact is one of the important procedures in newborn care, which is carried out immediately after delivery by placing the baby on the mother's chest or stomach without obstruction. This procedure has been scientifically proven to provide various benefits, such as stabilizing the baby's body temperature, regulating breathing and heart rate, increasing emotional bonding between mother and baby (bonding), and supporting the success of early breastfeeding initiation.

The implementation of skin contact consistently reflects the application of evidence-based practice in maternal-neonatal health services. This is also in line with recommendations from the World Health Organization (WHO) and the Ministry of Health of the Republic of Indonesia, which recommend skin contact immediately after birth as part of efforts to improve the quality of services and reduce neonatal mortality.

Table 2. Frequency distribution of umbilical cord care in newborns at H Adam Malik Hospital in Medan City in 2025

Umbilical cord care	Frequency (n)	Persentase (%)
Done	76	100
Not Done	0	0
Total	76	100

Based on the data taken by the researcher from medical records and listed in table 4.2, it shows that the treatment of the umbilical cord is carried out on newborns at the H. Adam Malik Hospital in Medan City.

The results of this study illustrate that health workers at H Adam Malik Hospital have carried out thorough umbilical cord care procedures in accordance with neonatal service standards. Cord care is one of the important interventions in the prevention of infections, especially tetanus neonatorum, which can threaten the safety of newborns. Based on guidelines from the World Health Organization (WHO) and the Ministry of Health of the Republic of Indonesia, cord care should be carried out with the principle of maintaining cleanliness and allowing it to remain dry, without the administration of additives that are not recommended. The implementation of this treatment consistently shows compliance with standard operating procedures (SOPs) and good service quality in the aspect of neonatal care.

Table 3 Distribution of Frequency of Bathing Babies in Newborns at H Adam Malik Hospital in Medan City in 2025

Bathing the baby	Frequency (n)	Percentage (%)
Done	76	100
Not Done	0	0
Total	76	100

Based on Table 4.3, the researcher took data from medical records which said that the act of bathing newborns was carried out at the H. Adam Malik Hospital in Medan City. The results of this study show that the practice of bathing babies is a routine procedure that is carried out consistently at H Adam Malik Hospital.

Table 4. Distribution of the frequency of giving Vit K to newborns at H Adam Malik Hospital in Medan City in 2025

Giving Vit K	Frequency (n)	Percentage (%)
Done	76	100
Not Done	0	0
Total	76	100

Based on the data in Table 4.4, it shows that the act of giving vitamin K is carried out in newborns. These results show that the administration of vitamin K has been carried out thoroughly by health workers at the H. Adam Malik Hospital, Medan City. Vitamin K administration is an important intervention in efforts to prevent bleeding due to vitamin K deficiency bleeding (VKDB), which can occur in newborns due to the low

vitamin K reserves in their bodies at birth. This practice is in accordance with guidelines from the World Health Organization (WHO) and the Ministry of Health of the Republic of Indonesia, which recommend intramuscular administration of vitamin K immediately after birth as part of routine neonatal care. Consistent implementation of this procedure reflects the good quality of neonatal services and
compliance with standard operating procedures (SOPs) in newborn care.

Table 5. Frequency distribution of Giving eye ointment to newborns at H Adam Malik Hospital in Medan City in 2025

Giving eye ointment	Frequency (n)	Percentage (%)
Done	76	100
Not Done	0	0
Total	**76**	**100**

Based on the data in Table 4.5, it shows that the act of giving eye ointment is carried out on newborns at H. Adam Malik Hospital, Medan City.
Giving eye ointment to newborns is one of the preventive measures in neonatal services that aims to prevent eye infections, especially neonatal ophthalmia, caused by pathogenic bacteria such as *Neisseria gonorrhoeae* or *Chlamydia trachomatis*. This infection can cause serious complications such as blindness if not treated early.

This is in accordance with the recommendations of the *World Health Organization* (WHO) and the Ministry of Health of the Republic of Indonesia, which recommend eye prophylaxis immediately after birth using antibiotic ointments such as erythromycin or tetracycline. The consistent application of this action shows that health workers at H. Adam Malik Hospital have carried out evidence-based neonatal service practices and in accordance with standard operating procedures (SOP), in order to ensure the health and safety of newborns from an early age.

Table 6. Frequency Distribution of HB 0 Administration to Newborns at H Adam Malik Hospital in Medan City in 2025

Grant of HB 0	Frequency (n)	Percentage (%)
Di Lakukan	69	90,8
Tidak di lakukan	7	9,2
Total	76	100

Based on the data in Table 4.6, it is known that most newborns (90.8%) received Hepatitis B (HB 0) immunization, while 7 newborns (9.2%) did not receive HB-0 immunization. Hepatitis B Immunization (HB 0) is the first immunization given to newborns within 24 hours after birth, aiming to prevent the transmission of the Hepatitis B virus from mother to baby, especially in babies born to mothers with HBsAg positive status. The timely implementation of HB 0 immunization is very important to prevent chronic Hepatitis B infection which can lead to cirrhosis or liver cancer in the future.

This study shows that the majority of health workers at H. Adam Malik Hospital have implemented HB 0 immunization in accordance with neonatal service standards. However, there is still a small percentage of infants (9.2%) who have not received this immunization. Therefore, it is important to evaluate the factors that inhibit the administration of HB 0 immunization as a whole, both in terms of logistics, the clinical condition of the baby, and service policies.

DISCUSSION

Umbilical cord care in newborns

From the results of the research conducted by researchers at H Adam Malik Hospital based on medical record data, it is stated that skin contact between mother and baby is carried out. This shows that H Adam Malik Hospital has applied standard care to newborns. According to (Fathiyatur, 2022) skin-to-skin contact also reduces the baby's physiological stress and accelerates the success of early breastfeeding initiation (IMD), which contributes to the success of exclusive breastfeeding.

Bathing a newborn

From the results of the research conducted by the researcher through medical record data, it was stated that the umbilical cord treatment was carried out at H Adam Malik Hospital. These results reflect the high level of adherence of healthcare workers to standard neonatal care procedures. According to (Natalia et al., 2022) and (WHO 2024,), the main principle of cord care is to keep it clean, leave it dry (open dry care) and avoid the use of substances that are not recommended such as powders, oils, or traditional herbs.

Giving Vit K

Based on research data conducted by researchers at H Adam Malik Hospital, it shows that the administration of vit K to newborns is given. Vitamin K is an essential component for preventing bleeding due to vitamin K deficiency (VKDB). The first 1 hour of life. In 2003, the AAP reaffirmed the use of vitamin K to prevent VKDB and recommended that all newborns receive a single IM dose of 0.5 to 1.0 mg of vitamin K (Hand et al., 2022)

Giving Eye Ointment

Researchers show that 100% of babies receive eye ointment after birth. This is in accordance with the protocol of WHO and the Indonesian Ministry of Health which recommends the administration of 1% tetracycline or 0.5% erythromycin to prevent neonatal ophthalmia. Research (Wahyuni & Syahda, 2023) says that the administration of eye ointment aims to prevent eye infections caused by sexually transmitted diseases that mothers may suffer, such as chlamydia and gonorrhea, which can be transmitted to children through the birth canal

Giving HB 0 to Newborns

Based on research data found by researchers at H Adam Malik Hospital, researchers found that as many as 69 out of 76 babies (90.8%) received HB-0 immunization. Although this figure is quite high, there are still 9.2% of infants who do not receive HB-0 immunization. HB-0 immunization in the first 24 hours of life is essential, especially for newborns of mothers with HBsAG positive status. The importance of providing HB-0 immunization to babies is to provide immunity to the baby's body from the transmission of the Hepatitis B virus from mothers with positive HbsAg status. The Hepatitis B virus if it attacks the baby will have an impact on damage to the liver organs in the baby and can even cause liver cancer. Therefore, giving HB-0 immunization to infants will provide protection against exposure to the Hepatitis B virus (Ummah, 2022). In this case, the causative factors for not giving HB-0 include the condition of the baby, namely babies with low birth weight whose administration is delayed until the baby reaches a body weight of 2000 grams or 1 month of age.

CONCLUSIONS AND SUGGESTIONS

The implementation of essential newborn care management which includes skin contact, umbilical cord care, proper bathing, and the administration of vitamin K and eye ointment is a crucial step that must be taken comprehensively to ensure the success of the baby's health. Although most infants (90.8%) have received Hepatitis B (HB-0) immunization on time, 9.2% have delayed due to certain medical conditions, particularly in infants with low birth weight (BBLR). In such cases, immunization must be suspended until the baby reaches a minimum weight of 2,000 grams or is one month old to ensure the baby's physical readiness to receive vaccination.

To optimize the success of newborn management, H. Adam Malik Hospital is expected to be able to maintain and improve the quality of essential services by ensuring that all procedures, such as the delay of bathing and the timeliness of HB-0 immunization, run in line with WHO and Ministry of Health standards of the Republic of Indonesia. This needs to be supported by health workers who have a deep understanding and evidence-based competence (evidence-based practice) through regular training and supervision to ensure consistency of actions. In addition, intensive education for parents is crucial to build synergy in infant care, both while in the hospital and after returning home. Finally, for future researchers, it is recommended to further explore the factors that inhibit the implementation of procedures, the level of family knowledge, and conduct comparative studies between health facilities to enrich literacy in this field.

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