

ABSTRAK

Hiperbilirubinemia merupakan masalah kesehatan yang sering terjadi pada neonatus dan ditandai dengan peningkatan kadar bilirubin dalam darah. Kondisi ini, bila tidak ditangani secara tepat, dapat menimbulkan komplikasi serius seperti kernikterus. Di Indonesia, prevalensi hiperbilirubinemia pada neonatus masih abnormal, sehingga pemeriksaan laboratorium menjadi penting untuk deteksi dini. Penelitian ini bertujuan mengetahui gambaran hasil pemeriksaan kadar bilirubin pada neonatus di Rumah Sakit Anak Bunda Harapan Kita.

Penelitian menggunakan metode deskriptif dengan sampel 163 data rekam medis hasil pemeriksaan bilirubin total neonatus periode Mei–Desember 2024. Data dianalisis secara deskriptif dalam tabel distribusi dan persentase berdasarkan usia gestasi, berat badan lahir, dan usia hari kelahiran. Hasil penelitian menunjukkan dari 163 neonatus, 84 (51,53%) mengalami kadar bilirubin abnormal dan 79 (48,47%) normal. Nilai pemeriksaan keseluruhan mencapai maksimum 27,47 mg/dL, mean 12,11 mg/dL, dan minimum 3,54 mg/dL. Berdasarkan usia gestasi, neonatus cukup bulan lebih banyak mengalami kadar bilirubin abnormal (55,7%) dibanding prematur (47%), dengan rentang hingga maksimum 27,47 mg/dL. Persentase abnormal kadar bilirubin abnormal berdasarkan berat lahir ditemukan pada bayi dengan berat lahir lebih (100%) dan rendah (54,3%), sedangkan menurut usia hari, kadar abnormal terdapat pada kelompok 15–28 hari (100%), diikuti 4–14 hari (68,4%) dan 1 hari (63,6%).

Kesimpulan penelitian ini menegaskan bahwa hiperbilirubinemia masih sering terjadi pada neonatus di semua kelompok usia gestasi, berat badan lahir, dan usia hari, dengan kadar bilirubin yang dapat mencapai 27,47 mg/dL. Pemantauan kadar bilirubin secara rutin sangat penting untuk mencegah komplikasi lebih lanjut.

Kata kunci : Hiperbilirubinemia, *neonatus*, bilirubin, Rumah Sakit Anak Bunda Harapan Kita

Kepustakaan : 31

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ABSTRACT

Hyperbilirubinemia is a common health problem in neonates and is characterized by elevated bilirubin levels in the blood. If left untreated, this condition can lead to serious complications such as kernicterus. In Indonesia, the prevalence of neonatal hyperbilirubinemia remains high, making laboratory testing essential for early detection. This study aimed to describe the results of total serum bilirubin examinations in neonates at Harapan Kita Mothers and Childrens

This research employed a descriptive design using 163 medical record data of neonatal total bilirubin tests collected from May to December 2024. Data were analyzed descriptively and presented in distribution tables and percentages based on gestational age, birth weight, and postnatal age. The results showed that of 163 neonates, 84 (51.53%) had high bilirubin levels, while 79 (48.47%) were within the normal range. Overall bilirubin values reached a maximum of 27.47 mg/dL, mean of 12.11 mg/dL, and minimum of 3.54 mg/dL. By gestational age, term neonates more frequently exhibited high bilirubin levels (55.7%) compared to preterm neonates (47%), with values up to 27.47 mg/dL. The highest proportion of elevated bilirubin by birth weight occurred in infants with birth weight above 4,000 g (100%) and in those with low birth weight (54.3%). Based on postnatal age, the highest percentage of elevated bilirubin was found in the 15–28-day group (100%), followed by the 4–14-day group (68.4%) and the 1-day group (63.6%).

This study concludes that hyperbilirubinemia remains common among neonates across all gestational ages, birth weight categories, and postnatal ages, with bilirubin levels reaching as high as 27.47 mg/dL. Routine monitoring of bilirubin is crucial to prevent severe complications.

Keywords : *Hyperbilirubinemia, Neonatus, Bilirubin, Harapan Kita Mothers and Childrens*

Literature : 31

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