
Delay Development Et Causa Premature Baby

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Abstract

Children are the dream of the family besides that every family also expects their children to grow optimally (physically, mentally, cognitively and socially healthy) can be proud of and useful for the nation and the nation. As an asset of the nation, children must receive attention from the womb until they become adults. Growth and development is a continuous process that occurs starting from conception and continues until adulthood. In this study the authors used a quasi experiment with pre and post test design techniques, involving several children with delayed development as samples and techniques measured through the GMFM (Gross Motor Function Measurement), which has 5 stages / levels in ability and impairment limitation. The objectives of this activity are: The objectives of this activity are: to achieve child growth and development in physical and functional capacity according to age, to improve the health status of children in terms of physical and functional capacity, to prevent more severe physical disability of children, to catch up with child growth and development according to the age of development of physical and functional capacity of children, to study factors related to child growth and development, to conduct early detection of growth and development abnormalities by routine screening, The benefits of this activity are to provide and increase insight for parents about the stages of normal child growth and development, to prevent physical disability of children from getting worse, to eradicate problems around child growth and development. The conclusion of this activity is: Providing education to parents of children about delayed development and knowing its prevention and pursuing delays in child growth and development.

Keywords: Delay Development, Prematur Baby, Fisioterapi

INTRODUCTION

Knowledge of the basic growth and development of children is very important and must be mastered by medical personnel, especially physiotherapists. Because if you already know the stages of normal growth and development of children according to age, then in giving an assessment on pediatric patients will be known problems that are being encountered and can be arranged physiotherapy program planning that will be implemented. Seeing the number of problematic children experiencing developmental delay at Memorial Murni Teguh Hospital Medan, the author is called to hold training to fellow physiotherapy colleagues at Memorial Murni Teguh Field Hospital. So that together the same problem on development delay can be pursued. Problems that are often encountered in children Delay Development et causa premature babies are: in children aged 5 months can not be tilted to the right and left, can not be on his stomach, and can not crawl. While at the milestone stage of normal child growth and development at the age of 5 months can already tilt to the left and right can also be prone activity. Likewise, problems are also found in children aged 8 months the child should be able to sit independently, and the hand can hold 3 (three) toys at the same time. even more than that around 1 year old children cannot sit independently, while at the Milestone stage of normal

child growth and development independent sitting activities can be done by children at the age of about 6 - 8 months, this clearly shows the child has experienced a lot of delays in growth and development that should have been done by children at the age of 7 months. Then also encountered in children aged 1.5 years and 2 years of age independent sitting activities (siting balance) can not be done while the child when viewed from the stage of the age of the child 1.5 and 2 years of age the child should have been able to stand up, from squatting to standing and walking position, able to arrange and insert objects into other objects, grip the hand is strong and able to eat with a spoon independently. This further explains the more children experience delays in growth and development than children his age with normal growth and development. There are several causes of delayed development, namely: hereditary factors, problems with pregnancy, premature birth, idiopathic causes of the problems encountered, it is clear that the child has experienced a delay in growth and development (Delay Development). From here physiotherapists make plans to provide training techniques exercises, methods of stimulation in children by using the media Ball bobath exercise to pursue lagging growth and development. Exercises are done to improve muscle strength and control so that the child can shift weight and balance it better. Exercises to improve mobility and success of children learning to walk based on daily activities. Physiotherapy can involve hand exercises to improve the ability to write and grasp objects. As well as supporting the condition of the child need the use of wheelchairs, orthotic devices or other adaptive equipment

RESEARCH METHODS

In this study the authors used a quasi experiment with pre and post test design techniques. By involving several children delay development as samples and techniques that are measured through the system GMFM (Gross Motor Function measurement) which has 5 stages /levels in ability and impairment. In the implementation of GMFM takes 45-60 minutes, for someone who knows the size, depending on the skills and experience of the physiotherapist, the ability of the child and the child's understanding of the instructions given.

RESULTS AND DISCUSSION

In the preparation of the GMFM assessment dimensions physiotherapy in advance prepare some support tools, such as: stairs, walking access, toys, mats and benches. Then some models use mannequins in the form of dolls for children aged 1 year and mannequins for dolls aged 2 years. Then some bobath balls, and some mats and a big mirror. The presentation of the material presented in the form of power point. Sampling of children who experience delayed development at the age of 5 months, 8 months, 1 Year, 1,5 years and 2 years, the authors present a model of children who experience delayed Development et Causa premature baby. using the bobcat. Dose visit 2 x a week. and a month 8 x meeting and total 48 x meetings for 1 patient. for

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6 months. This is done to try to solve the problems encountered so that they are clearly measurable and can compare with normal child samples. After the exposure of the material and the practice of exercise is done, together with colleagues, they are given the task to find delay development et causa premature baby patients around the age of 5 months to 2 years and practice the results of the training. After that, it provides an assessment of the child's ability to use GMFM. This treatment is carried out from July 2023 to December 2023 or for 6 months, with intention can see the effect or influence of exercise exercise that is applied to the child and the stimulation given to the child. The results of the examination of the child's problem as well as the form of exercise and the results of exercise development are poured into the report so that the results of the development carried out can be known. The purpose of muscle stretching exercises are performed to lengthen and increase muscle elasticity, increase range of motion and prevent muscles and joints from becoming stiff. And the exercises performed also aim to improve the strength and control of the head, namely by techniques to help children in a sitting position to develop a base on support, rotation, coordination and balance, as well as the use of mirrors are also needed to improve awareness of their body position when moving (proprioception). Exercises to improve mobility and learning to walk, physiotherapy can involve hand exercises to improve the ability of the fingers and catch the ball or instruct by learning to pat the hands on the head, with the aim of training the child's sitting balance. the standing balance of children.

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Table 1, GMFM assessment

Dimensions	Ability
Dimensions A	Lie down and roll over
Dimensions B	sit
Dimensions C	Crawling and kneeling
Dimensions D	stand
Dimensions E	walking

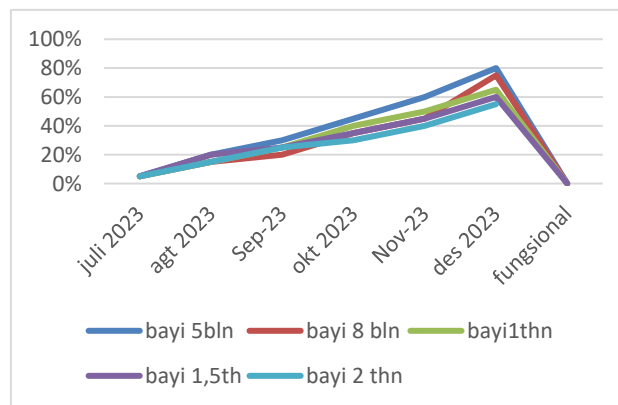


Figure1. pattern curve according to the ability of the child's functional physical capacity based on GMFM assessment

CONCLUSION

The conclusion of this training activity is: When children are slower to reach the physical, emotional, social and communication skills appropriate to their age stage it is called developmental delay. Developmental delays can appear in the way children move, communicate, think and learn or behave with others. Provide education to parents about delay development and know the prevention and pursuit of delayed growth and development of children. The sooner early detection is done in children, the better and Prevention of delay development can be resolved quickly

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