

PENGARUH LATIHAN *RANGE OF MOTION* PASIF TERHADAP
WAKTU PULIH SADAR PASIEN POST OPERASI DENGAN
GENERAL ANESTESI DI RUANG PEMULIHAN RSUD

DR. SOEDIRMAN KEBUMEN

Amalia Listya¹, Agus Sarwo Prayogi², Nurun Laasara³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293
Email : amalialistya135@gmail.com

ABSTRAK

Latar Belakang : Keterlambatan waktu pulih sadar merupakan komplikasi pasca anestesi diruang pemulihan. Sekitar 90% pasien dapat memulihkan kesadaran penuh dengan rentang waktu 15 menit dan jika tidak maka pulih sadar pasien tertunda. Latihan *Range of motion* pasif mampu mempercepat pemulihan fisik, memperlancar peredaran darah dan sirkulasi sehingga dapat mempercepat waktu pulih sadar.

Tujuan Penelitian : Mengetahui pengaruh latihan (ROM) pasif terhadap waktu pulih sadar pasien dengan general anestesi di RSUD Dr. Soedirman Kebumen.

Metode : Jenis menggunakan *quasy eksperimen dengan Posttest Only non equivalent Control Group Design*. Sampel penelitian terdiri dari 31 responden kelompok intervensi yang dilakukan ROM setiap lima menit dan 31 responden kelompok kontrol yang dilakukan ROM satu kali. Teknik pengambilan sampel menggunakan *consecutive sampling*. Menggunakan uji *Mann Whitney*.

Hasil : Terdapat perbedaan rata-rata waktu pulih sadar pada kelompok intervensi 10 menit 32 detik dan kelompok kontrol 14 menit 52 detik. Hasil analisis data menggunakan uji *nonparametric Mann Whitney* dengan p value $0.000 < 0.05$, sehingga H_0 diterima.

Kesimpulan : Terdapat pengaruh latihan *Range of motion* pasif terhadap waktu pulih sadar pasien post operasi dengan general anestesi di ruang pemulihan RSUD Dr. Soedirman Kebumen

Kata Kunci : General Anestesi, *Range of motion* pasif, waktu pulih sadar

¹ Mahasiswa Keperawatan Poltekkes Kemenkes Yogyakarta

² Dosen Keperawatan Poltekkes Kemenkes Yogyakarta

³ Dosen Keperawatan Poltekkes Kemenkes Yogyakarta

THE INFLUENCE OF PASSIVE RANGE OF MOTION TO TIME RECOVERS
OF POST OPERATION PATIENTS WITH GENERAL ANESTHESIA IN THE
RECOVERY ROOM OF RSUD DR. SOEDIRMAN KEBUMEN

Amalia Listya¹, Agus Sarwo Prayogi², Nurun Laasara³
Email : amalialistya135@gmail.com¹

ABSTRACT

Background : Delay in recovering consciousness is a post-anesthesia complication in the recovery room. Approximately 90% of patients can recover full consciousness within 15 minutes and if not then the patient's recovery is delayed. Passive range of motion exercises are able to speed up physical recovery, improve blood circulation and circulation so that they can speed up recovery time.

Objective: To determine the effect of passive range of motion (ROM) exercise on the recovery time of patients under general anesthesia at Dr. Hospital. Sudirman Kebumen.

Method: This type uses a quasi-experimental with Posttest Only non-equivalent Control Group Design. The sample of this study consisted of 31 respondents in the intervention group who underwent ROM every five minutes and 31 respondents in the control group who underwent ROM once. The sampling technique used consecutive sampling. The test used is Mann Whitney.

Result : There is a difference in the average recovery time in the intervention group of 10 minutes 32 seconds and the control group 14 minutes 52 seconds. The results of data analysis using the Mann Whitney nonparametric test with value $0.000 < 0.05$, so H_a is accepted.

Conclusion: There is an effect of passive Range of motion exercise on the recovery time of postoperative patients with general anesthesia in the recovery room of RSUD Dr. Sudirman Kebumen

Keywords: General Anesthesia, passive range of motion, recovery time

¹ Nursing Student of the Ministry of Health Poltekkes Yogyakarta

² Nursing Lecturer of the Ministry of Health Poltekkes Yogyakarta

³ Nursing Lecturer of the Ministry of Health Poltekkes Yogyakarta