

**EFFECTIVENESS OF USING SPINAL ANESTHESIA TECHNIQUES
ENHANCED RECOVERY AFTER SURGERY (ERAS) WITH
CONVENTIONAL SPINAL ANESTHESIA TECHNIQUES ON THE
ACHIEVEMENT OF BROMAGE SCORE IN SEXIO CESARIA
PATIENTS IN THE RECOVERY ROOM OF MUHAMMADIYAH
GENERAL HOSPITAL**

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ABSTRACT

Background: The assessment criteria used to determine post spinal surgery patients can move to the treatment room using the bromage score assessment criteria. The length of time the Bromage score is achieved is influenced by various factors, including the technique and type of anesthesia used. Fast recovery and short hospital stay from 2-3 days with conventional spinal anesthesia to 1-2 days with ERAS.

Objective: To find out the difference in the time of achieving the Bromage score between the use of spinal anesthesia techniques enhanced recovery after surgery (ERAS) and conventional anesthesia in the recovery room at RSU Muhammadiyah Lampung.

Methods: This research uses a comparative study. The study was conducted June 2022. The study population was patients who underwent cesarean section under regional anesthesia. The sample size used was 80 people with a distribution of 40 people in each group, namely the ERAS group and the conventional group. The outcome studied is the bromage score. Because the sample is < 50, the Shapiro Wilk normality test and data analysis using the independent t test

Results: The average time to achieve bromage score for cesarean section patients who received ERAS anesthesia was 49.85±11,199 minutes and those who received conventional anesthesia were 165.40±15.123 minutes. The results showed that there was a difference in the bromage score achievement time between the use of ERAS anesthesia and conventional anesthesia (p-value 0.000), where patients who were given ERAS anesthesia had a faster bromage score achievement time than patients who received conventional anesthesia with a difference in the average time of achievement. bromage score of 115.6 ± 2.975 minutes.

Conclusion: There is a difference in the time of achieving the bromage score between the use of ERAS anesthesia and conventional anesthesia

Keywords: Bromage score, ERAS, conventional

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**EFEKTIVITAS PENGGUNAAN TEKNIK SPINAL ANESTESI
ENHANCED RECOVERY AFTER SURGERY (ERAS) DENGAN TEKNIK
SPINAL ANESTESI KONVENSIONAL TERHADAP PENCAPAIAN
BROMAGE SCORE PADA PASIEN SEKSIO CESARIA
DI RECOVERY ROOM RSU MUHAMMADIYAH
LAMPUNG**

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ABSTRAK

Latar Belakang: Kriteria penilaian yang digunakan untuk menentukan pasien post operasi spinal dapat pindah ke ruang perawatan menggunakan kriteria penilaian bromage score. Lamanya waktu pencapaian Bromage score dipengaruhi oleh berbagai faktor, diantaranya teknik maupun jenis anestesi yang digunakan. Pemulihan yang cepat dan pendeknya hari rawat dari 2-3 hari dengan anestesi spinal konvensional menjadi 1-2 hari dengan ERAS.

Tujuan: Mengetahui perbedaan waktu pencapaian Bromage score antara penggunaan teknik spinal anestesi *enhanced recovery after surgery* (ERAS) dengan anestesi konvensional di recovery room RSU Muhammadiyah Lampung.

Metode: Penelitian ini menggunakan studi komparatif. Penelitian dilaksanakan pada Juni 2022. Populasi studi ini adalah pasien yang menjalani operasi *seksio cesaria* dengan regional anestesi. Besar sampel yang digunakan 80 orang dengan distribusi 40 orang dalam tiap kelompok yaitu kelompok ERAS dan kelompok konvensional. Outcome yang diteliti yaitu bromage score. Karena sampel < 50 maka uji normalitas Shapiro wilk dan analisis data menggunakan *independent t test*.

Hasil: Rata-rata waktu pencapaian bromage score pasien seksio cesaria yang mendapat anestesi ERAS yaitu 49,85±11,199 menit dan yang mendapat anestesi konvensional yaitu 165,40±15,123 menit. Hasil penelitian menunjukkan terdapat perbedaan waktu pencapaian bromage score antara penggunaan anestesi ERAS dengan anestesi konvensional (*p-value 0,000*), dimana pasien yang diberi anestesi ERAS memiliki waktu pencapaian bromage score lebih cepat dibandingkan dengan pasien yang mendapatkan anestesi konvensional dengan selisih rata-rata waktu pencapaian bromage score sebesar 115,6±2,975 menit.

Kesimpulan: Terdapat perbedaan waktu pencapaian bromage score antara penggunaan anestesi ERAS dengan anestesi konvensional

Kata Kunci: Bromage score, ERAS, konvensional

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