

Hubungan Indeks Massa Tubuh (IMT) Dengan Kejadian *Shivering* Pada Pasien Spinal Anestesi Di RSUD Dr. H. Chasan Boesoirie Ternate

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ABSTRAK

Latar Belakang. *Shivering* merupakan komplikasi yang sering terjadi pada teknik anestesi spinal. Faktor risiko terjadinya *shivering* spinal anestesi salah satunya adalah IMT rendah. IMT rendah lebih mudah kehilangan panas sehingga tubuh berkompenasi terhadap penurunan suhu tubuh untuk meningkatkan produksi panas.

Tujuan. Penelitian ini untuk mengetahui hubungan IMT dengan kejadian *shivering* pada pasien spinal anestesi.

Metode. Desain penelitian ini adalah observasional analitik dengan pendekatan *cross sectional*. Teknik pengambilan sampel menggunakan total sampling. Sampel penelitian sebanyak 50 data analisa dan menggunakan uji *Spearman's Rho*.

Hasil. Dari 50 responden di dapatkan hasil sebanyak 21 orang (56%) responden memiliki IMT kurus, sedang 19 orang (38,0%), dan gemuk 3 orang (6,0%). Untuk *shivering* sebagian besar responden mengalami *shivering* derajat 4 sebanyak 28 orang (56%), derajat 3 sebanyak 2 orang (4%), dan derajat 1 sebanyak 4 orang (8%) dan sisanya 16 orang (32%) tidak mengalami *shivering*. Berdasarkan uji statistik *Spearman Row* didapatkan *p value* 0,001 ($p < 0,05$) dengan nilai $r = -536$ yang berarti terdapat hubungan yang sedang antara IMT dengan *shivering* dengan arah hubungan negatif.

Kesimpulan. Semakin tinggi IMT maka semakin rendah kejadian *shivering* yang dialami oleh pasien yang menjalani operasi dengan spinal anestesi.

Kata Kunci. Spinal anestesi, IMT, *Shivering*

The Correlation Between Body Mass Index (BMI) and Shivering Incidence in Patients with Spinal Anesthesia at Dr. H. Chasan Boesoirie Ternate Hospital

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ABSTRACT

Background: Shivering is a common complication with spinal anesthesia technique. One of the risk of shivering after spinal anesthesia is low body mass index (BMI). A low BMI is easier to lose heat, and the body compensates to decrease body temperature to increase heat production.

Aim: To determine the correlation between body mass index (BMI) and shivering incidence in patients with spinal anesthesia at Dr. H. Chasan Boesoirie Ternate Hospital.

Method: This study employed analytic observational design with cross sectional approach. The sample of this study were 50 respondents which were recruited by using total sampling technique. The data were analyzed by using Spearman's Rho test.

Result: The finding showed that there were 21 respondents (56%) were skinny and there were 19 respondents (38%) had moderate body mass index, and there were 3 respondents (6%) were fat. In case of shivering, there were 28 respondents (56%) experienced 4 degree of shivering, 2 respondents (4%) experienced 3 degree of shivering, there were 4 respondents (8%) experienced 1 degree of shivering and there were 16 respondents (32%) did not experience shivering. The spearman Rho test showed that value 0.001 ($p < 0.05$) with $r = -536$, it meant that there was a negative correlation between body mass index with shivering

Conclusion: The higher the body mass index, the lower the shivering incidence experience by post operative patients with spinal anesthesia.

Keywords: Spinal anesthesia, BMI, Shivering