

**HUBUNGAN KETINGGIAN BLOK SPINAL ANESTESI DENGAN
KEJADIAN *SHIVERING* INTRA OPERASI SEKSIO SESAREA
DI IBS RSUD dr. GUNAWAN MANGUNKUSUMO AMBARAWA**

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ABSTRAK

Latar Belakang: Anestesi regional *Sub Arachnoid Block (SAB)* menghasilkan ketinggian blok tertentu yang menyebabkan ketidakstabilan termoregulasi sehingga dapat memicu terjadinya hipotermia atau *shivering*. Hal ini terjadi karena vasodilatasi pembuluh darah dan saraf simpatis yang terblok sehingga mendominasi kinerja dari saraf parasimpatis.

Tujuan Penelitian: Mengetahui Hubungan Ketinggian Blok Spinal Anestesi dengan Kejadian *Shivering* Intra Operasi Seksio Sesarea di IBS RSUD dr. Gunawan Mangunkusumo Ambarawa

Metode Penelitian: Penelitian ini merupakan penelitian kuantitatif non eksperimental dengan metode penelitian observasional analitik dan desain penelitian *cross sectional*. Sampel penelitian berjumlah 35 responden pasien seksio sesarea dengan spinal anestesi. pengambilan sampel dengan *purposive sampling*, uji statistic yang digunakan adalah uji *Rho Spearman*

Hasil Penelitian: Dari 35 responden yang mengalami blok *high* spinal sebanyak 20 orang (57,1%) dan yang mengalami kejadian *shivering* sebanyak 20 orang (57,1%). Uji *Rho Spearman* menunjukkan nilai signifikansi $p=0,000$ ($P<0,05$) dengan *Correlation Coeffisient* 0,668.

Kesimpulan: Terdapat hubungan antara ketinggian blok spinal anestesi dengan kejadian *shivering* intra operasi seksio sesarea di IBS RSUD dr. Gunawan Mangunkusumo Ambarawa

Kata Kunci: *Shivering*, Ketinggian Blok, Seksio Sesarea, Spinal Anestesi.

**THE RELATION OF HIGH OF SPINAL ANESTHESIA BLOCK WITH
THE INCIDENCE OF SHIVERING INTRA-OPERATIVE SECTIO
CAESAREAN IN IBS RSUD dr. GUNAWAN MANGUNKUSUMO
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ABSTRACT

Background: Regional anesthetics Sub Arachnoid Block (SAB) produces a certain block height which causes thermoregulation instability. This happens because vasodilation of blood vessels and sympathetic nerves are blocked so that it dominates the performance of the parasympathetic nerves.

Objective: Knowing the relation of *hight* of spinal anesthesia blok with the incidence of shivering intra-operative section caesarean in IBS RSUD dr. Gunawan Mangunkusumo Ambarawa.

Method: This research is a non-experimental quantitative research with analytic observational research design and cross sectional research design. The study sample consisted of 35 respondents spinal anesthesia patients during sectio caesarean. sampling with purposive sampling, the statistical test used is the Rho Spearman.

Result: Of the 35 respondents who experienced high spinal block as many as 20 people (57.1%) and who experienced shivering as many as 20 people (57.1%). Rho Spearman test showed a significance value of $p = 0.000$ ($P < 0.05$) with a Correlation Coefficient of 0.668

Conclusion: There is a the relation of *hight* of spinal anesthesia blok with the incidence of shivering intra section caesarean in IBS RSUD dr. Gunawan Mangunkusumo Ambarawa

Keywords: Shivering, Height of the Spinal Block, Spinal Anesthesia, Sectio Caesarean