

EFEKTIVITAS PEMBERIAN *FORCED AIR WARMING* (FAW) TERHADAP
KEJADIAN *SHIVERING* PADA PASIEN PASCA GENERAL ANESTESI DI
RSUD KANJURUHAN KABUPATEN MALANG

Yanita Nurmala Sari¹, Harmilah², Nurun Laasara³

Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293

Email: yanitanurmala88@gmail.com

ABSTRAK

Latar belakang : *Shivering* merupakan keadaan yang ditandai dengan adanya peningkatan aktifitas muskular yang sering terjadi pada pasca anestesi umum. Bila tidak diatasi, *shivering* dapat memberikan dampak buruk yaitu peningkatan konsumsi oksigen dan hipoksemia, memperparah nyeri operasi, menghambat proses observasi pasien, mempengaruhi kenyamanan pasien dan meningkatkan kebutuhan metabolik yang dapat menyebabkan masalah dan komplikasi pada kardiovaskular. *Forced Air Warming* (FAW) adalah salah satu alat dengan prinsip pemanasan aktif yang dirancang untuk mencegah atau mengurangi gejala hipotermia sebelum dan sesudah operasi.

Tujuan : Mengetahui efektivitas *Forced Air Warming* terhadap kejadian *shivering* pada pasien pasca general anestesi di ruang pulih sadar RSUD Kanjuruhan Kabupaten Malang

Metode : Jenis penelitian observasional non- eksperimen dengan desain penelitian *Cross-Sectional*. Populasi dalam penelitian adalah pasien yang dilakukan general anestesi di Ruang Pulih Sadar. Teknik pengambilan sampel adalah *accidental sampling* yang terdiri dari 50 subyek. Data dianalisis menggunakan uji *Wilcoxon signed rank test*. Penelitian ini dilaksanakan pada bulan April- Juni 2022 di RSUD Kanjuruhan Kabupaten Malang.

Hasil : Ada pengaruh pemberian *Forced Air Warming* (FAW) terhadap kejadian *shivering* pada pasien pasca general anestesi. Hasil uji *Wilcoxon signed rank test* didapatkan nilai signifikansi sebesar 0,000 maka nilai signifikansi $\leq 0,05$.

Kesimpulan : Pemberian *Forced Air Warming* (FAW) efektif terhadap kejadian *shivering* pasca general anestesi di RSUD Kanjuruhan Kabupaten Malang.

Kata Kunci : Efektivitas, *Forced Air Warming*, *shivering*, general anestesi

¹⁾ Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

^{2,3)} Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

THE EFFECTIVENESS OF GIVING FORCED AIR WARMING (FAW) ON
THE EVENT OF SHIVERING IN POST GENERAL ANESTHESIA PATIENTS
IN RSUD KANJURUHAN KABUPATEN MALANG

Yanita Nurmala Sari¹, Harmilah², Nurun Laasara³

Department of Nursing Poltekkes Ministry of Health Yogyakarta

Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293

Email: yanitanurmala88@gmail.com

ABSTRACT

Background: Shivering is a condition characterized by an increase in muscular activity that often occurs after general anesthesia. If not treated, shivering can have a negative impact, namely increasing oxygen consumption and hypoxemia, exacerbating surgical pain, hampering the patient observation process, affecting patient comfort and increasing metabolic demands which can cause cardiovascular problems and complications. Forced Air Warming (FAW) is a device with an active heating principle designed to prevent or reduce symptoms of hypothermia before and after surgery.

Objective: To determine the effectiveness of Forced Air Warming on the incidence of shivering in post general anesthesia patients in the conscious recovery room at Kanjuruhan Hospital, Malang Regency.

Methods: This type of non-experimental observational research with a cross-sectional research design. The population in this study were patients who underwent general anesthesia in the Recovery Room. The sampling technique was accidental sampling which consisted of 50 subjects. Data were analyzed using the Wilcoxon signed rank test. This research was conducted in April-June 2022 at Kanjuruhan Hospital, Malang Regency.

Result: There is an effect of giving Forced Air Warming (FAW) on the incidence of shivering in post general anesthesia patients. The results of the Wilcoxon signed rank test obtained a significance value of 0.000, a significance value of ≤ 0.05 .

Conclusion: The use of Forced Air Warming (FAW) is effective on the incidence of shivering after general anesthesia in Kanjuruhan Hospital, Malang Regency.

Keywords: Effectiveness, Forced Air Warming, shivering, general anesthesia

¹⁾ *Student Department of Nursing Polytechnic of the Ministry of Health of Yogyakarta*

^{2,3)} *Lecturer Department of Nursing Polytechnic of the Ministry of Health of Yogyakarta*