

**EFEKTIVITAS TERAPI CAIRAN DENGAN PENGHANGAT
TERHADAP PERUBAHAN SUHU TUBUH POST
OPERASI SPINAL ANESTESI DI RSUD
DR. SOEDIRMAN KEBUMEN**

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ABSTRAK

Latar Belakang : Pasien spinal anestesi beresiko mengalami penurunan suhu tubuh. Perubahan suhu tubuh merupakan kompensasi tubuh terhadap tindakan operasi dan efek agen anestesi yang menyebabkan terganggunya mekanisme fisiologis dan termoregulasi. Intervensi untuk menjaga normotermi pasien adalah pemberian terapi cairan dengan penghangat menggunakan *infusion warmer*.

Tujuan : mengetahui efektifitas terapi cairan dengan penghangat terhadap perubahan suhu tubuh pasien post operasi spinal anestesi.

Metode Penelitian : Studi ini menggunakan metode *quasi* experiment dengan pendekatan *one group pre test post test with control group*. Kelompok intervensi mendapat terapi cairan dengan penghangat dan kelompok kontrol menggunakan terapi cairan suhu ruang. Sampel dalam penelitian ini sebanyak 60 orang dengan teknik *consecutive sampling*.

Hasil : Analisa data menggunakan uji statistik parametrik Independent Sample T Test menunjukkan bahwa terdapat perbedaan perubahan suhu tubuh antara kelompok intervensi dan kelompok kontrol. Pada kelompok intervensi 13 responden mengalami kenaikan suhu dan 15 mengalami penurunan suhu, pada kelompok kontrol 5 responden mengalami kenaikan suhu, dan 25 mengalami penurunan suhu. ($t=2,320$; $p\text{ value}=0,024$; $CI95\%= 0,0300-0,407$).

Kesimpulan : Terapi cairan dengan penghangat sebagai faktor protektif terhadap penurunan suhu tubuh.

Kata Kunci : Terapi cairan dengan penghangat, suhu tubuh, post operasi, spinal anestesi

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**EFFECTIVITY OF WARM FLUID THERAPY TO BODY
TEMPERATURE CHANGES IN POST SPINAL ANESTHESIA SURGERY
AT IBS RSUD DR. SOEDIRMAN KEBUMEN**

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ABSTRACT

Background: *Patient spinal anesthesia under the risk of changing in body temperature.* Changes in body temperature are the body's compensation to the operation and the effects of anesthetic agents that cause disruption of physiological mechanisms and thermoregulation. Intervention to maintain the patient's normotermi is the administration of fluid therapy with warming using a warmer infusion.

Objective: know the effectiveness of fluid therapy with heating to changes in the patient's body temperature after spinal anesthesia surgery.

Research Method: This study uses quasi experiment method with one group pre test post test with control group approach. The intervention group received fluid therapy with warmers and the control group used room temperature fluid therapy. The sample in this study was as many as 60 people with consecutive sampling techniques.

Results: Analysis of data using the Statistic Parametric Independent Sample T Test showed that there were differences in body temperature changes between the intervention group and the control group. In the interensi group 13 respondents experienced a temperature increase and 15 experienced a decrease in temperature, in the control group 5 respondents experienced a temperature increase, and 25 experienced a decrease in temperature. ($t=2,320$; $p \text{ value}=0.024$; $CI95\% = 0.0300-0.407$).

Conclusion: Warm fluid therapy as a protective factor against decreased body temperature.

Keywords: Warm fluid therapy, body temperature, post surgery, spinal anesthesia

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