

EFEKTIVITAS PENGGUNAAN *FORCED AIR WARMING* TERHADAP *GRADE SHIVERING* POST OPERASI *SECTIO CAESAREA* DENGAN SPINAL ANESTESI DI *RECOVERY ROOM* RSUD TEMANGGUNG

Putri Zulva Nur Aini¹, Atik Badi'ah², Wittin Khairani³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta Jl. Tata Bumi No.3
Banyuraden, Gamping, Sleman, Yogyakarta, 55293
Email : putrizulva664@gmail.com

ABSTRAK

Latar Belakang: *Shivering* merupakan suatu respon fisiologis tubuh yang ditandai dengan adanya peningkatan aktifitas muscular untuk mempertahankan suhu tubuh yang terjadi penurunan akibat dari tindakan pembedahan. Penanganan *shivering* merupakan hal yang penting karena dapat meningkatkan resiko pasca operasi. *Forced air warming* (FAW) adalah alat untuk membantu menghangatkan tubuh dengan menggunakan udara panas. FAW bertujuan untuk menghindari atau mengurangi *shivering*.

Tujuan: Mengetahui efektivitas penggunaan *forced air warming* terhadap *grade shivering* post operasi *sectio caesarea* dengan spinal anestesi di *recovery room* RSUD Temanggung

Metode: Jenis penelitian observasional non-eksperimen dengan desain penelitian *Cross-Sectional*. Populasi dalam penelitian ini adalah pasien post *sectio caesarea* dengan spinal anestesi di *recovery room*. Teknik pengambilan sampel menggunakan *consecutive sampling* melibatkan 84 responden terbagi menjadi 2 kelompok. Data dianalisis menggunakan uji *Wilcoxon* dan uji *Mann-Whitney*. Penelitian ini dilaksanakan pada bulan Februari-Maret 2023 di *recovery room* RSUD Temanggung.

Hasil: Ada perbedaan penurunan *grade shivering* yang lebih signifikan pada kelompok yang menggunakan *forced air warming* pada post *sectio caesarea* dengan hasil uji *Wilcoxon* didapatkan nilai signifikansi sebesar 0,000 maka nilai signifikansi $\leq 0,05$, sedangkan pada kelompok yang menggunakan selimut biasa didapatkan nilai signifikansi 0,083. Sedangkan pada uji *Mann-Whitney* didapatkan hasil 0,000, sehingga H_0 diterima.

Kesimpulan: Penggunaan *forced air warming* efektif terhadap *grade shivering* post operasi *sectio caesarea* dengan spinal anestesi di *recovery room* RSUD Temanggung.

Kata Kunci: Efektivitas, *Forced Air Warming*, *shivering*, *sectio caesarea*

¹⁾ Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

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

**THE EFFECTIVENESS OF USING FORCED AIR WARMING ON
GRADE SHIVERING POST CAESAREA SECTIO OPERATION
WITH SPINAL ANESTHESIA IN THE RECOVERY ROOM
OF TEMANGGUNG HOSPITAL**

Putri Zulva Nur Aini¹, Atik Badi'ah², Wittin Khairani³
Nursing Department of The Health Ministry of Health Polytechnic Yogyakarta,
Tata Bumi Street 3st, Banyuraden, Gamping, Sleman, Yogyakarta, 55293
Email : putrizulva664@gmail.com

ABSTRACT

Background: Shivering is a physiological response of the body characterized by an increase in muscular activity to maintain body temperature which has decreased as a result of surgery. Handlingshivering This is important because it can increase postoperative risk. Forced air warming (FAW) is a tool to help warm the body using hot air. FAW aims to avoid or reduce shivering.

Objective: Knowing the effectiveness of useforced air warming tograde shivering post operationcaesarean section with spinal anesthesia inrecovery room Temanggung Hospital

Method: Type of non-experimental observational research with research design Cross-Sectional. The population in this study were post-patientscaesarean section with spinal anesthesia in recovery room. Sampling technique usingconsecutive sampling involving 84 respondents divided into 2 groups. Data were analyzed using test Wilcoxon and test Mann-Whitney. This research was conducted in February-March 2023 atrecovery room Temanggung Hospital.

Results: There is a drop differencegrade shivering which was more significant in the group that usedforced air warming on the postcaesarean sectionwith test resultsWilcoxon a significance value of 0.000 was obtained, a significance value of ≤ 0.05 , whereas in the group using ordinary blankets a significance value of 0.083 was obtained. While on the testMann-Whitney the result is 0.000, so H_a is accepted.

Conclusion: Usage forced air warming effective againstgrade shivering post operationcaesarean sectionwith spinal anaesthesia Ofrecovery room Temanggung Hospital.

Keywords: Effectiveness, Forced Air Warming, shivering, sectio caesarea

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