

**PENGARUH *PASSIVE LEG RAISING* (PLR) TERHADAP PENINGKATAN
TEKANAN DARAH PASIEN *POST SPINAL ANESTESI*
DI *RECOVERY ROOM***

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ABSTRAK

Latar Belakang: Risiko paling sering yang timbul akibat spinal anestesi yaitu hipotensi. Hipotensi dapat menurunkan 20-30% tekanan darah sistolik dari normal. Kasus hipotensi yang tidak teratasi dapat menyebabkan hipoksia jaringan, penurunan kontraktilitas miokard, syok kardiogenik bahkan kematian. Salah satu tindakan untuk mencegah hipotensi *post spinal anestesi* yaitu *Passive Leg Raising* (PLR) atau pengaturan posisi anggota gerak bawah lebih tinggi dari jantung guna meningkatkan aliran balik vena.

Tujuan: Mengetahui pengaruh intervensi *Passive Leg Raising* (PLR) dalam meningkatkan tekanan darah pasien *post spinal anestesi* di *recovery room*.

Metode: Metode penelitian *quassy experiment* dengan desain *pre-test and post-test with control group*. Total sampel 100 responden (50 kelompok intervensi dan 50 kelompok kontrol). Penelitian dilakukan pada bulan Februari-Maret 2023 di *recovery room* IBS RSUP dr. Soeradji Tirtonegoro Klaten. Data dianalisis menggunakan uji *paired samples test* dan *independent test*.

Hasil: Karakteristik responden (jenis kelamin, usia, status fisik) dapat memengaruhi tekanan darah. Hasil analisa *paired samples test* perbedaan antara tekanan darah (sistolik, diastolik dan MAP) *pre test* dan *post test* pada kedua kelompok diperoleh sig. $0.000 < 0.05$. Analisa dengan uji *independent test* diperoleh perbedaan hasil tekanan darah pada kedua kelompok sig. $0.000 < 0.05$.

Kesimpulan: *Passive Leg Raising* (PLR) berpengaruh secara signifikan dalam meningkatkan tekanan darah pasien *post spinal anestesi* di *recovery room* IBS RSUP dr. Soeradji Tirtonegoro Klaten.

Kata Kunci: *Passive Leg Raising* (PLR), peningkatan tekanan darah, spinal anestesi, *recovery room*

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EFFECT OF PASSIVE LEG RAISING (PLR) ON INCREASING BLOOD PRESSURE IN POST SPINAL ANESTHESIA PATIENTS IN THE RECOVERY ROOM

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ABSTRACT

Background: The most common risk arising from spinal anesthesia is hypotension. Hypotension can reduce systolic blood pressure by 20-30% from normal. Cases of hypotension that are not resolved can cause tissue hypoxia, decreased myocardial contractility, cardiogenic shock and even death. One of the measures to prevent post-spinal anesthesia hypotension is Passive Leg Raising (PLR) or setting the position of the lower limbs higher than the heart in order to increase venous return.

Objective: Knowing the effect of Passive Leg Raising (PLR) intervention in increasing the blood pressure of post spinal anesthesia patients in the recovery room.

Method: Quassy experimental research method with pre-test and post-test design with control group. The total sample is 100 respondents (50 intervention groups and 50 control groups). The research was conducted in February-March 2023 in the IBS recovery room at RSUP dr. Soeradji Tirtonegoro Klaten. Data were analyzed using paired samples test and independent test.

Results: Respondent characteristics (gender, age, physical status) can affect blood pressure. Results of analysis of paired samples test differences between blood pressure (systolic, diastolic and MAP) pre test and post test in both groups obtained sig. $0.000 < 0.05$. Analysis with the independent test obtained differences in blood pressure results in the two sig groups. $0.000 < 0.05$.

Conclusion: *Passive Leg Raising* (PLR) has a significant effect on increasing the blood pressure of post spinal anesthesia patients in the IBS recovery room at RSUP dr. Soeradji Tirtonegoro Klaten.

Keyword: Passive Leg Raising (PLR), increased blood pressure, spinal anesthesia, recovery room

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