

PENGARUH *RANGE OF MOTION PASSIVE* TERHADAP WAKTU PULIH
SADAR PADA PASIEN BEDAH SARAF DENGAN GA DI RSUD PROF. DR.
MARGONO

Umami Nabila Azzohro¹, Nunuk Sri Purwanti², Catur Budi Susilo³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293
Email : umminabila16@gmail.com

ABSTRAK

Latar Belakang: Pada kasus bedah saraf pasca operasi terdapat komplikasi pasca bedah yang mungkin terjadi. Komplikasi yang sering terjadi meliputi waktu pulih sadar yang memanjang. Sekitar 90% pasien kembali sadar penuh dalam 15 menit. Jika tidak sadar berlangsung >15 menit maka dianggap *prolong* (pulih sadar tertunda). Upaya mempercepat pemulihan pasca bedah dan dapat mencegah komplikasi pasca bedah dapat dilakukan mobilisasi dini dengan pemberian ROM *passive*.

Tujuan: Mengetahui pengaruh *range of motion passive* terhadap waktu pulih sadar pada pasien post operasi bedah saraf di RSUD Prof. Dr. Margono.

Metode: Jenis penelitian yaitu *quasy eksperimen* dengan *Posttest Only non Equivalent Control Group Design*. Jumlah sampel pada penelitian ini sebanyak 74 responden terdiri dari 37 responden kelompok intervensi yang diberikan ROM *passive* saat tiba diruang pemulihan dan 37 responden kelompok kontrol yang tidak langsung diberikan ROM *passive*, tetapi diberikan setelah pasien sadar penuh sebelum dipindahkan ke bangsal. Teknik pengambilan sampel menggunakan *consecutive sampling* menggunakan *Mann Whitney*.

Hasil: Terdapat perbedaan rata-rata waktu pulih sadar pada kelompok intervensi 12 menit 44 detik sedangkan kelompok kontrol 19 menit 31 detik. Hasil analisis data menggunakan uji nonparametrik *Mann Whitney* dengan *p value* $0.000 < 0.05$, sehingga H_0 diterima.

Kesimpulan: Terdapat pengaruh *range of motion passive* terhadap waktu pulih sadar pada pasien bedah saraf dengan GA di RSUD Prof. Dr. Margono.

Kata Kunci: Bedah saraf, *Range of Motion Passive*, waktu pulih sadar

THE INFLUENCE OF PASSIVE RANGE OF MOTION ON RECOVERY
TIME IN NEUROSURGICAL PATIENTS WITH GA AT RSUD PROF. DR.
MARGONO

Umami Nabila Azzohro¹, Nunuk Sri Purwanti², Catur Budi Susilo³
Department of Nursing, Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293
Email : umminabila16@gmail.com

ABSTRACT

Background: In cases of postoperative neurosurgery there are postoperative complications that may occur. Complication that often occur include prolonged recovery time. About 90% of patients return to full consciousness within 15 minutes. If unconsciousness lasts > 15 minutes it is considered prolonged (delayed recovery).in an effort to accelerate post surgical recovery and prevent post-surgical complications, early mobilization with passive ROM can be performed.

Objective: Knowing the effect of passive range of motion on conscious recovery time in post-operative neurosurgical patients at Prof. Dr. Margono Hospital.

Method: This type of research is quasy experiment with Posttest Only non Equivalent Control Group Design. The number of samples in this study were 74 respondents consisting of 37 intervention group respondents who were given passive ROM upon arrival in the recovery room and 37 control group respondents who were not immediately given passive ROM, but were given after the patient was fully awake before being transferred to the ward. The sampling technique used consecutive sampling using Mann Whitney.

Results: There is a difference in the average time to recover consciousness in the intervention group 12 minutes 44 seconds while the control group is 19 minutes 31 seconds. The results of data analysis using the Mann Whitney nonparametric test with a p value of 0.000 <0.05, so Ha is accepted.

Conclusion: There is an effect of passive range of motion on the time to recover consciousness in neurosurgical patients with GA at Prof. Dr. Margono Hospital.

Keywords: Neurosurgery, Passive Range of Motion, Conscious recovery time.