

**PENGARUH ELEVASI KAKI TERHADAP *MEAN ARTERIAL PRESSURE*
PADA PASIEN PASCA ANESTESI SPINAL DI RUANG PEMULIHAN
INSTALASI BEDAH SENTRAL
RSUD WATES KULON PROGO YOGYAKARTA**

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ABSTRAK

Latar Belakang : Anestesi Spinal menyebabkan hemodinamik tidak stabil salah satunya adalah *Mean Arterial Pressure* (MAP). Kejadian ini belum menjadi perhatian bagi seorang perawat sebagai salah satu tindakan mandiri keperawatan untuk mencegah hipotensi post anestesi spinal sehingga diperlukan adanya tindakan yaitu diberikan Elevasi Kaki.

Tujuan Penelitian : Mengetahui pengaruh elevasi kaki terhadap MAP pada pasien post anestesi spinal di ruang pemulihan IBS RSUD Wates Kulonprogo Yogyakarta.

Metode Penelitian : Penelitian *quasy experiment* dengan *pre test post test control grup with design*, dilaksanakan pada bulan Maret-April 2019. Teknik pengambilan sample menggunakan *consecutive sampling* dengan jumlah sample 60 responden dengan 30 orang sebagai kelompok intervensi dan 30 orang sebagai kelompok kontrol. Analisa data menggunakan Uji *Wilcoxon* dan *Mann Whitney*.

Hasil Penelitian : Mayoritas responden mengalami MAP stabil sebelum dilakukan elevasi kaki dan setelah dilakukan elevasi kaki selama 20 menit MAP pasien stabil. Pada kelompok kontrol sebelum observasi mayoritas MAP stabil dan setelah diobservasi tanpa elevasi kaki mayoritas MAP tidak stabil. Hal ini menunjukkan bahwa setelah diberikan elevasi kaki sebagian besar responden mempunyai MAP Stabil, Uji *Mann-Whitney* menunjukkan hasil uji signifikansi $p=0,001$ ($p<0,05$).

Kesimpulan : Ada pengaruh elevasi kaki terhadap kestabilan MAP pada pasien post spinal anestesi di ruang pemulihan IBS RSUD Wates Kulonprogo Yogyakarta.

Kata Kunci : Elevasi Kaki, Mean Arterial Pressure, Pasca Anestesi Spinal

Keterangan :

- 1 Mahasiswa Prodi DIV Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
- 2,3 Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

**EFFECT OF FOOT ELEVATION ON MEAN ARTERIAL PRESSURE
POST SPINAL ANESTHESI PATIENT IN RECOVERY ROOM
CENTRAL SURGERY INSTALLATION AT RSUD WATES
KULONPROGO YOGYAKARTA**

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ABSTRACT

Background : *Spinal anesthesia causes unstable hemodynamics, one of which is Mean Arterial Pressure (MAP). This incident has not been a concern for a nurse as one of independent nursing actions to prevent hypotension post spinal anesthesia so that action is needed, given Leg Elevation.*

Research Objective : *Determine the effect of foot elevation on MAP in patients post spinal anesthesia in the IBS recovery room at RSUD WATES Kulonprogo Yogyakarta.*

Research Method : *Quasy experiment research with pre test post test control group with design was conducted in March-April 2019. The sampling technique is consecutive sampling with a sample size of 60 respondents with 30 people as the intervention group and 30 people as control group. The test used was Wilcoxon and Mann Whitney.*

Research Result : *The majority of respondents experienced stable MAP before foot elevation and after foot elevation for 20 minutes the patient's MAP was stable. In the control group before the observation the majority of MAPs were stable and after observation without the foot elevation the majority of MAPs were unstable. This shows that after being given a foot elevation most respondents have a stable MAP, the Mann-Whitney test shows significance test results $p = 0.001$ ($p < 0.05$).*

Conclusion: *There is an influence of foot elevation on MAP stability in post spinal anesthesia patients in recovery room central surgery installation at RSUD Wates Kulonprogo Yogyakarta.*

Keywords: Foot Elevation, Mean Arterial Pressure, Post Spinal Anesthesia