

APPLICATION OF 30 DEGREE HEAD UP POSITION ON OXYGEN SATURATION IN STROKE PATIENTS POST CRANIOTOMY OPERATION AT THE CENTRAL SURGICAL INSTALLATION OF KARAWANG REGIONAL

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ABSTRACT

Background: Stroke is a neurological deficit that has sudden symptoms, lasting more than 24 hours caused by cerebrovascular disorders. Stroke or cerebrovascular injury is a condition where the brain loses function due to stopping/reducing blood supply. An illustration of the amount of oxygen contained in the blood to meet tissue needs is seen through oxygen saturation. The head up position is one way to increase oxygen saturation.

Objective: To be able to describe the benefits of applying a 30 degree head up position to maintain oxygen saturation within normal limits in stroke patients after craniotomy surgery in the Recovery Room of the Central Surgery Installation at Karawang Regional Hospital

Method: This case study is a case study using an anesthesia nursing care approach by applying evidence based nursing practice to two managed patients. The criteria for patients being managed are hemorrhagic stroke patients post craniotomy surgery who experience a decrease in oxygen saturation.

Results: The two cases managed were patients with haemorrhagic stroke after craniotomy surgery. From the results of the study, the main problem raised by the author is risk of neurological function disorders. The main intervention carried out on the two patients managed by the author was the application of a 30 degree head up position for 30 minutes and was carried out in the recovery room of the Central Surgery Installation at Karawang Regional Hospital. The patient's first vital signs before intervention were blood pressure 133/80, pulse: 82x/m, temperature: 36.4C, respiration: 14x/m, oxygen saturation 94%. And after intervention for 30 minutes the patient's vital sign was BP: 123/74, pulse: 80x/m, temp: 36.4C, RR: 14x/m, oxygen saturation 98%. In the second patient before intervention, BP: 134/82, pulse: 84x/m, temp: 36.6C, RR: 14x/m, oxygen saturation 94%. And after intervention for 30 minutes the patient's TTV was BP: 128/78, N: 80x/m, S: 36.5C, RR: 14x/m, oxygen saturation 99%.

Conclusion: After a 30 degree head up intervention for 30 minutes, there was an increase in oxygen saturation values in both patients treated.

Keywords: 30 degree head up, oxygen saturation, stroke

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PENERAPAN POSISI *HEAD UP* 30 DERAJAT TERHADAP SATURASI OKSIGEN PADA PASIEN STROKE *HAEMORAGIC POST OPERASI CRANIOTOMI* DI INTSALASI BEDAH SENTRAL RSUD KARAWANG

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ABSTRAK

Latar Belakang: Stroke merupakan defisit neurologis yang mempunyai gejala tiba-tiba, berlangsung lebih dari 24 jam yang disebabkan oleh gangguan serebrovaskuler. Stroke atau cedera cerebrovaskuler adalah suatu kondisi dimana otak kehilangan fungsi akibat berhenti / berkurangnya suplai darah. Gambaran jumlah kandungan oksigen yang terkandung dalam darah untuk memnuhi kebutuhan jaringan dilihat melalui sturasi oksigen. Posisi *head up* menjadi salah satu cara untuk menaikkan saturasi oksigen.

Tujuan: Mampu menggambarkan bagaimana manfaat menerapkan posisi *head up* 30 derajat terhadap mempertahankan saturasi oksigen dalam batas normal pada pasien stroke post operasi *craniotomi* di Ruang Pemulihan Instalasi Bedah Sentral RSUD Karawang

Metode: Studi kasus ini adalah studi kasus dengan pendekatan asuhan keperawatan anestesi dengan mengaplikasikan evidence based practice nursing pada dua pasien kelolaan. Kriteria pasien kelolaan adalah pasien stroke hemoragik post operasi *craniotomi* yang mengalami penurunan saturasi oksigen.

Hasil: Kedua kasus kelolaan merupakan pasien stroke haemoragic post operasi *craniotomi*. Dari hasil pengkajian masalah utama yang diangkat oleh penullis yaitu RK gangguan fugsu neurologis. Intervensi utama yang dilakukan pada kedua pasien kelolaan penulis yaitu penerapan posisi *head up* 30 derajat selama 30 menit dan dilakukan di ruang pemulihan Instalasi Bedah Sentral RSUD Karawang. Tanda-tanda vital pasien pertama sebelum dilakukan intervensi, tekanan darah 133/80, Nadi:82x/m, Suhu:36,4^C, Pernafasan: 14x/m, saturasi oksigen 94%. Dan setelah dilakukan intervensi selama 30 menit TTV pasien TD:123/74, N: 80x/m, S:36,4^C, RR:14x/m, saturasi oksigen 98%. Pada pasien kedua sebelum diberikan intervensi TD:134/82, N:84x/m, S:36,6^C, RR: 14x/m, saturasi oksigen 94%. Dan setelah dilakukan intervensi selama 30 menit TTV pasien TD:128/78, N:80x/m, S:36,5^C, RR:14x/m, saturasi oksigen 99%.

Kesimpulan: Setelah dilakukan intervensi *head up* 30 derajat selama 30 menit, ada peningkatan nilai saturasi oksigen pada kedua pasien kelolaan.

Kata kunci: *Head up* 30 derajat, Saturasi oksigen, stroke

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