

EFEKTIVITAS KOMPRES HANGAT *FEMORALIS* DAN ROM PASIF TERHADAP WAKTU PENCAPAIAN *BROMAGE SCORE 2* PADA *POST SECTIO CAESAREA* DI RS PKU MUHAMMADIYAH GAMPING

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ABSTRAK

Latar Belakang: Obat spinal anestesi menyebabkan parastesia sampai analgesia, paresis sampai paralisis, dan vasodilatasi pembuluh darah pada daerah yang terblok. Terhambatnya pemulihan post anestesi berdampak kecemasan dan depresi, memerlukan perawatan lebih lama di ruang pemulihan. Kriteria penilaian yang digunakan untuk pasien spinal anestesi dikeluarkan dari ruang *post anestesi care unit* adalah nilai *Bromage score* ≤ 2 . Kompres hangat *femoralis* dan ROM Pasif dapat meningkatkan sirkulasi darah, sehingga proses metabolisme obat spinal anestesi pun akan meningkat.

Tujuan Penelitian: Diketahuinya tingkat keefektivitasan kompres hangat *femoralis* dan ROM pasif terhadap waktu pencapaian *bromage score 2* pada *post sectio caesarea* di RS PKU Muhammadiyah Gamping.

Metode Penelitian: Jenis penelitian *quasi eksperimental* dengan menggunakan *Pre Test Post Test Two Group Design*. Penelitian ini dilaksanakan pada bulan 7 Februari-18 Maret 2020. Populasi studi penelitian ini adalah pasien yang menjalani *sectio caesarea* dengan teknik spinal anestesi. Sampel dengan jumlah 40 responden yang terbagi menjadi kelompok kompres hangat *femoralis* dan ROM Pasif. Analisia data menggunakan *Mann-Whitney*.

Hasil Penelitian: Waktu pencapaian *bromage score 2* pada kelompok kompres hangat *femoralis* sebagian besar pada durasi 45-60 menit, dan pada kelompok ROM pasif sebagian besar pada durasi 45 menit. Uji *Mann-Whitney* didapat hasil *p value* = 0.671(*p value* > 0.05).

Kesimpulan: Kompres hangat *femoralis* maupun ROM pasif memiliki keefektivitasan yang sama terhadap waktu pencapaian *bromage score 2*.

Kata Kunci: kompres hangat *femoralis*, ROM pasif, *bromage score 2*.

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EFFECTIVENESS OF FEMORALIS WARM COMPRESS AND PASSIVE ROM TOWARDS THE ACHIEVEMENT OF BROMAGE SCORE 2 ON POST-CESAREAN SECTION AT PKU MUHAMMADIYAH GAMPING HOSPITAL

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ABSTRACT

Background: Spinal anesthesia causes paresthesia to analgesia, paresis to paralysis, and vasodilation of blood vessels in the blocked area. The delayed post-anesthesia recovery impacts anxiety and depression, requiring longer treatment in the recovery room. The assessment criteria used for spinal anesthesia patients transferred from the post-anesthesia care unit room are Bromage scores ≤ 2 . Femoral warm compress and Passive ROM can improve blood circulation, so the metabolic process of spinal anesthesia will increase.

Purpose: To determine the effectiveness of femoral warm compress and passive ROM to the time of achieving Bromage score 2 in post Cesarean section at PKU Muhammadiyah Gamping Hospital.

Research Methods: This type of research was quasi-experimental and used Pre Test Post Test Two Group Design. This research was conducted in 7 February-18 March 2020. The population of this study was patients undergoing cesarean section with spinal anesthesia. Sample of this research 40 respondents who were divided into groups of femoral warm compress and Passive ROM. Data analysis was done with Mann-Whitney.

Results: The time of achieving Bromage score 2 in the femoral warm compress group was mostly 45-60 minutes, and the passive ROM group was mostly 45 minutes. Mann-Whitney test results obtained p -value = 0.671 (p value > 0.05).

Conclusion: Femoral warm compress and passive ROM have the same effect on the time of achieving Bromage score 2.

Keywords: Femoral warm compress, passive ROM, Bromage score.

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