

**THE EFFECT OF HOTPACK GIVING ON IMPROVEMENT OF BODY TEMPERATURE IN POST GENERAL ANESTHESI PATIENT HYPOTHERMY IN THE RECOVERY ROOM OF PKU MUHAMMADIYAH YOGYAKARTA**

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**ABSTRACT**

**Background :** Hypothermia can be interpreted as a body temperature of less than 36.5°C. Negative effects of hypothermia on patients include increased risk of bleeding, myocardial ischemia, longer post-anesthesia recovery, impaired wound healing, and increased risk of infection. Giving of hotpack is one of the rewarming techniques to treat hypothermia after anesthesia.

**Objectives :** To know the effect of hotpack giving on the incidence of hypothermia in patients after general anesthesia in the IBS Recovery Room at PKU Muhammadiyah Hospital, Yogyakarta.

**Method :** Quantitative research with quasy experimental research and one group pre test and post test with no equivalent control group desaign. The research sample consisted of 30 respondents with a purposive sampling technique, the test used the t-paired test.

**Results :** There was a significant difference in the value of pre and post respondents who were given a hotpack ( $p = 0,000$ ). Before being given the hotpack, the average body temperature value of 30 respondents was  $35.557^{\circ}\text{C}$ . After being given the hotpack, the average body temperature value of 30 respondents was  $36^{\circ}\text{C}$ . Average increase in body temperature of hypothermia patients after hotpack is given was  $0,443^{\circ}\text{C}$ .

**Conclusion :** There is an increasing of hotpack giving on temperature rise in hypothermia patients after general anesthesia in the recovery room.

**Keywords :** Hypothermia, General Anesthesia, Hotpack

Keterangan :

1 Mahasiswa Poltekkes Kemenkes Yogyakarta

2 Dosen Pembimbing Utama

3 Dosen Pembimbing Pendamping

**PENGARUH PEMBERIAN HOTPACK TERHADAP PENINGKATAN SUHU TUBUH  
PADA PASIEN HIPOTERMI PASKA GENERAL ANESTESI DI RUANG  
PEMULIHAN RS PKU MUHAMMADIYAH YOGYAKARTA**

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**ABSTRAK**

**Latar Belakang :** Hipotermi dapat diartikan suhu tubuh kurang dari 36,5°C Dampak negatif hipotermi terhadap pasien, antara lain risiko perdarahan meningkat, iskemia miokardium, pemulihan pasca anestesi yang lebih lama, gangguan penyembuhan luka, serta meningkatnya risiko infeksi. Pemberian *hotpack* adalah salah satu teknik penghangat kembali untuk mengatasi hipotermi paska anestesi.

**Tujuan :** Diketahuinya pengaruh pemberian *hotpack* terhadap peningkatan suhu tubuh pada pasien paska general anestesi di Ruang Pemulihan RS PKU Muhammadiyah Yogyakarta.

**Metode Penelitian :**

Penelitian kuantitatif dengan jenis penelitian *quasy eksperimental* dan desain penelitian *one group pre test and post test with no equivalent control group design*. Sampel penelitian berjumlah 30 responden dengan teknik pengambilan sampel *purposive sampling*, uji yang digunakan adalah uji *t-paired test*.

**Hasil Penelitian :** Ada perbedaan yang signifikan terhadap nilai pre dan paska responden yang diberi *hotpack* ( $p=0,000$ ). Sebelum diberikan *hotpack*, rata – rata nilai suhu tubuh 30 responden yaitu  $35.557^{\circ}\text{C}$ . Setelah diberikan *hotpack*, rata – rata nilai suhu tubuh 30 responden meningkat menjadi  $36^{\circ}\text{C}$ . Rata – rata peningkatan suhu tubuh pasien hipotermi setelah diberikan *hotpack* yaitu 0, 443.

**Kesimpulan :** Terdapat pengaruh pemberian *hotpack* terhadap peningkatan suhu pada pasien hipotermi paska general anestesi di ruang pemulihan.

**Kata Kunci :** Hipotermi, General Anestesi, *Hotpack*

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