

PENGARUH KOMPRES HANGAT DI FEMORAL TERHADAP WAKTU  
PENCAPAIAN BROMAGE SKOR 2 PADA SPINAL ANESTESI DI RSUD  
MUHAMMADIYAH BANTUL

Nelya Rhomi Kasanah<sup>1</sup>, Induniasih<sup>2</sup>, Bondan Palestin<sup>3</sup>  
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta  
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman  
Email : [liakasanah3117@gmail.com](mailto:liakasanah3117@gmail.com)

**ABSTRAK**

**Latar Belakang:** Spinal anestesi menyebabkan blokade motorik ekstremitas bawah sesuai durasi kerja obat spinal anestesi hingga obat tereliminasi (Morgan, 2013). Parameter untuk menentukan pasien dipindahkan dari ruang pulih sadar ke ruang perawatan adalah bromage skor 2 (Finucane, 2009). Kompres hangat di *femoral* menimbulkan sensasi hangat pada ujung saraf dan mengaktifkan dopaminergik di mesolimbik sehingga efektif meningkatkan sirkulasi darah untuk mempercepat eliminasi obat (Potter&Perry, 2010).

**Tujuan Penelitian:** Diketuinya pengaruh kompres hangat di *femoral* terhadap waktu pencapaian bromage skor 2 pada spinal anestesi di RSUD Muhammadiyah Bantul.

**Metode Penelitian:** Jenis penelitian *quasi eksperiment* dengan *Non Equivalent Posttest Only Control Design*. Perlakuan yang diberikan adalah kompres hangat di *femoral*, pengambilan sampel menggunakan *consecutive sampling* dengan jumlah 80 responden terbagi menjadi kelompok intervensi dan pembandingan yang menjalani spinal anestesi. Analisis data dilakukan dengan *Chi Square*.

**Hasil Penelitian:** Waktu pencapaian bromage skor 2 mayoritas cepat ( $\leq 90$  menit) pada kelompok intervensi dan mayoritas lambat ( $> 90$  menit) pada kelompok pembandingan. Uji *Chi Square* didapatkan  $p = 0,000$ .

**Kesimpulan:** Ada pengaruh kompres hangat di *femoral* terhadap waktu pencapaian bromage skor 2 pada spinal anestesi di RSUD Muhammadiyah Bantul.

**Kata Kunci:** kompres hangat, spinal anestesi, waktu pencapaian bromage skor 2

- 1) Mahasiswa Keperawatan Poltekkes Kemenkes Yogyakarta
- 2) Dosen Keperawatan Poltekkes Kemenkes Yogyakarta
- 3) Dosen Keperawatan Poltekkes Kemenkes Yogyakarta

THE EFFECT OF WARM COMPRESS IN FEMORAL ON BROMAGE  
SCORE 2 ACHIEVEMENT IN SPINAL ANESTHESIA AT PKU  
MUHAMMADIYAH BANTUL

Nelya Rhomi Kasanah<sup>1</sup>, Induniasih<sup>2</sup>, Bondan Palestin<sup>3</sup>  
Nursing Department of the Ministry of Health Polytechnic Yogyakarta  
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman  
Email : [liakasanah3117@gmail.com](mailto:liakasanah3117@gmail.com)

**ABSTRACT**

**Background:** Spinal anesthesia causes motor blockade of the lower limb according to the duration of action of the spinal anesthetic drug until the drug is eliminated (Morgan, 2013). The parameter for determining which patients to move from the recovery room to the ward is a bromage score 2 (Finucane, 2009). Warm compresses in the femoral cause a warm sensation on the nerve endings and activate dopaminergic on mesolimbic so that it effectively increases blood circulation to accelerate drug elimination (Potter & Perry, 2010).

**Objective :** The aim of study was to know the influence of warm compress on the femoral on bromage score 2 achievement in spinal anesthesia at PKU Muhammadiyah Bantul

**Methods:** The type of study was quasi experiment with Non Equivalent Posttest Only Control Design. The treatment given was warm compress in the femoral, taking using consecutive sampling with the number of 80 respondents divided into intervention groups and comparison who underwent spinal anesthesia. Data analysis was done with Chi Square.

**Result:** The time to achieve bromage score 2 was fast ( $\leq 90$  minutes) in the intervention group and the majority was slow ( $> 90$  minutes) in the comparison group. Chi Square test obtained  $p = 0,000$

**Conclusion:** There was an influence of warm compress on the femoral to the time of achievement of bromage score 2 in spinal anesthesia at PKU Muhammadiyah Bantul.

**Keywords:** warm compress, spinal anesthesia, bromage score 2

- 1) Nursing Student of the Ministry of Health Polytechnic Yogyakarta
- 2) Lecturer of the Ministry of Health Polytechnic Yogyakarta
- 3) Lecturer of the Ministry of Health Polytechnic Yogyakarta