

**PENGARUH PEMBERIAN KOMPRES HANGAT TERHADAP KEJADIAN
HIPOTERMI PASCA SPINAL ANESTESI DI RUANG PULIH SADAR RS PKU
MUHAMMADIYAH YOGYAKARTA**

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INTISARI

Latar Belakang : Hipotermi dapat diartikan suhu tubuh kurang dari 36,6°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. Kompres hangat adalah salah satu teknik penghangatan kembali untuk mengatasi hipotermi pasca anestesi.

Tujuan : Diketuainya pengaruh pemberian kompres hangat terhadap kejadian hipotermi pada pasien pasca spinal anestesi di Ruang Pulih Sadar IBS RS PKU Muhammadiyah Yogyakarta.

Metode Penelitian : Penelitian kuantitatif dengan jenis penelitian *quasi experiment* dan desain penelitian *non equivalent control group design*. Sampel penelitian berjumlah 56 responden dengan teknik pengambilan sampel *consecutive sampling*, uji yang digunakan adalah uji *mc nemar* dan *chi square*.

Hasil Penelitian : Ada perbedaan yang signifikan terhadap nilai pre dan post kelompok yang diberi kompres hangat ($p=0,000$). Ada perbedaan yang signifikan terhadap kejadian hipotermi pada kelompok yang diberi kompres hangat dengan kelompok tanpa kompres hangat ($p =0,032$).

Kesimpulan : Terdapat pengaruh kompres hangat terhadap kejadian hipotermi pada pasien pasca spinal anestesi di ruang pulih sadar.

Kata Kunci : Hipotermi, Spinal Anestesi, Kompres Hangat

Keterangan :

1 Mahasiswa Poltekkes Kemenkes Yogyakarta

2 Dosen Pembimbing Utama

3 Dosen Pembimbing Pendamping

**THE EFFECT OF GIVING WARM COMPRESS TO THE EVENT OF POST-
SPINAL ANESTESI HYPOTHERMY IN RECOVERY ROOM PKU
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ABSTRACT

Background : Hypothermia can be interpreted as a body temperature of less than 36.6°C. The negative impact of hypothermia on patients, including the risk of increased bleeding, myocardial ischemia, post-anesthesia recovery is longer, impaired wound healing, and increased risk of infection. Warm compresses are one of the reheating techniques to deal with hypothermia after anesthesia.

Objectives : It is known the effect of giving warm compresses to the incidence of hypothermia in post-spinal anesthesia patients in the Recovery rooms of Central Surgical Installation in PKU Muhammadiyah Hospital Yogyakarta.

Method : Quantitative research with the type of quasi experiment research and non equivalent control group design research design. The research sample amounted to 56 respondents with consecutive sampling technique, the test used was MC Nemar test and Chi Square.

Results : There were significancy differences in pre and post group values given warm compresses ($p = 0,000$). There was a significancy difference in the incidence of hypothermia in the group given warm compresses with the group without warm compresses ($p = 0.032$).

Conclusion : There is an influence of warm compresses on the incidence of hypothermia in post-spinal anesthesia patients in the conscious recovery room.

Keywords : Hypothermia, Spine Anesthesia and warm compresses.

Keterangan :

1 Mahasiswa Poltekkes Kemenkes Yogyakarta

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