

**PENGARUH AKUPRESUR TERHADAP WAKTU PENCAPAIAN  
BROMAGE SCORE 2 PADA PASIEN POST SPINAL ANESTESI DI RSUD  
WATES KULON PROGO**

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**ABSTRAK**

**Latar Belakang** : Terhambatnya pemulihan post anestesi berdampak pada timbulnya komplikasi seperti kecemasan dan depresi sehingga pasien memerlukan perawatan lebih lama di ruang pemulihan, dampak dari lamanya pemulihan dapat mengakibatkan beberapa kerugian yaitu terganggunya psikologi pasien karena tidak mampu menggerakkan ekstremitas bawah.

**Tujuan** : diketahuinya pengaruh terapi akupresur terhadap waktu pencapaian *Bromage score 2* pada pasien spinal anestesi di ruang pemulihan IBS RSUD Wates Kulon Progo.

**Metode** : Jenis penelitian dengan desain penelitian eksperimen sederhana (*Posttest Only Design with Nonequivalent Group*).

**Hasil** : Hasil uji *Chi Square* didapatkan nilai signifikan ( $p$ ) 0,007. Hasil uji statistik menunjukkan bahwa  $p=0,007$  lebih kecil dari 0,05 ( $0,007 < 0,05$ ).

**Kesimpulan** : Ada pengaruh akupresur terhadap waktu pencapaian *Bromage Score 2* pada pasien *post spinal anestesi* di RSUD Wates Kulon Progo.

**Kata kunci** : Akupresur, Waktu pencapaian *Bromage Score 2*, Spinal Anestesi, Paska Anestesi.

Keterangan

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# THE EFFECT OF ACUPRESSURE ON THE ACHIEVEMENT OF BROMAGE SCORE 2 IN POST SPINAL ANESTHESI PATIENTS IN RSUD WATES KULON PROGO

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## ABSTRACT

**Background:** The delay in post-anesthesia recovery results in complications such as anxiety and depression so that patients need longer treatment in the recovery room, the impact of the length of recovery can lead to several disadvantages, namely the disruption of patient psychology because it is unable to move the lower extremity.

**Objective:** to know the effect of acupressure therapy on the achievement of Bromage score 2 in spinal anesthesia patients in the IBS recovery room at Wates Hospital in Kulon Progo.

**Method:** Type of research with simple experimental research design (Posttest Only Design with Nonequivalent Group).

**Result :** Chi Square test results obtained a significant value (p) 0.007. The statistical test results show that  $p = 0.007$  is smaller than 0.05 ( $0.007 < 0.05$ ).

**Conclusion:** There is an acupressure effect on the time to achieve Bromage Score 2 in post spinal anesthesia patients at Wates Hospital in Kulon Progo.

**Keywords:** Acupressure, Time to achieve Bromage Score 2, Spinal Anesthesia, Post Anesthesia.

Information

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