

**INFLUENCE OF *EFFLEURAGE* MASSAGE PRE ANESTHESIA
AGAINST PAINS SPINAL NEEDS ANESTHESIA
ON PATIENTS *SECTIO CAESAREA* IN
RSUD SLEMAN YOGYAKARTA**

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ABSTRACK

Background: Anesthetic spinal loss is pain when injection of the anesthetic spinal needle. Local anesthetic infiltration before spinal anesthesia has been proposed to relieve pain during spinal anesthesia, but local anesthetic infiltration also causes its own pain. Reducing pain not only improves satisfaction and comfort, but also provides speed and ease when an injection application of anesthetic spinal needles.

Objective: The knowledge of spinal anesthesia needle pain in patients with *sectio cesarean* that performed *massage effleurage* pre anesthesia and that was not done pre-effleurage treatment of anesthesia in RSUD Sleman.

Method: Research quasy experiment with Posttest Only design of non equivalent Control Group Design, sampling by consecutive sampling with total sample 42 respondents. The research instrument used is the Numerical Rating Scale (NRS) observation sheet.

Result: Respondents who performed massage effleurage experience mild and moderate pain, respondents who do not do massage effleurage experience moderate and severe pain. The result of statistical test of *Mann-Whitney* got the value of p value 0.000 less than 0,05 ($0,000 < 0,05$).

Conclusion: There is influence of pre-treatment *effleurage* pre anesthesia to spinal anesthetic needle puncture in patients *sectio caesarea* in RSUD Sleman.

Keywords: Anesthesia, *Effleurage Massage*, Pain

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**PENGARUH *MASSAGE EFFLEURAGE* PRE ANESTESI
TERHADAP NYERI TUSUK JARUM SPINAL
ANESTESI PADA PASIEN *SECTIO
CAESAREA* DI RSUD SLEMAN**

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ABSTRAK

Latar Belakang: Kerugian spinal anestesi adalah nyeri saat penyuntikan jarum spinal anestesi. Infiltrasi anestesi lokal sebelum spinal anestesi telah diusulkan untuk meringankan nyeri saat spinal anestesi, tetapi pemberian anestesi lokal infiltrasi juga menimbulkan nyeri tersendiri. Mengurangi nyeri tidak hanya meningkatkan kepuasan dan kenyamanan, tetapi juga memberikan kecepatan dan kemudahan saat aplikasi penyuntikan jarum spinal anestesi.

Tujuan: Diketuinya nyeri tusuk jarum spinal anestesi pada pasien *sectio caesarea* yang dilakukan *massage effleurage* pre anestesi dan yang tidak dilakukan *massage effleurage* pre anestesi di RSUD Sleman.

Metode: Penelitian *quasi eksperiment* dengan rancangan penelitian *Posttest Only non equivalent Control Group Design*, pengambilan sampel dengan cara *consecutive sampling* dengan total sampel 42 responden. Instrument penelitian yang digunakan adalah lembar observasi *Numerical Rating Scale (NRS)*.

Hasil: Responden yang dilakukan *massage effleurage* mengalami nyeri ringan dan sedang, responden yang tidak dilakukan *massage effleurage* mengalami nyeri sedang dan berat. Hasil uji statistik *Mann-Whitney* didapatkan nilai signifikansi p value 0,000 lebih kecil dari 0,05 ($0,000 < 0,05$).

Kesimpulan: Terdapat pengaruh *massage effleurage* pre anestesi terhadap nyeri tusuk jarum spinal anestesi pada pasien *sectio caesarea* di RSUD Sleman.

Kata Kunci: Anestesi, *Massage Effleurage*, Nyeri

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