HUBUNGAN HIPOTERMI DENGAN WAKTU PULIH SADAR PASCA *GENERAL* ANESTESI DI RUANG PEMULIHAN RSUD WATES

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INTISARI

Latar Belakang: Tindakan *general* anestesi adalah salah satu penyebab terjadinya hipotermi. Hipotermi pasca anestesi memengaruhi penurunan metabolisme obat anestesi yang mengakibatkan durasi anestesi lama dan waktu pulih sadar memanjang. Kejadian hipotermi pasca *general* anestesi masih terjadi, ini memerlukan penanganan yang tepat untuk mencegah waktu pulih sadar melambat akibat hipotermi.
Tujuan: Penelitian ini untuk mengetahui hubungan hipotermi dengan waktu pulih sadar pasca *general* anestesi.
Metode Penelitian: Korelasional dengan desain *cross sectional*. Pengambilan sampel penelitian secara *consecutive sampling* yang terdiri dari 55 sampel yang menjalani tindakan *general* anestesi dan menggunakan uji *chi squre.*
Hasil Penelitian: Penelitian menunjukkan responden sebagian besar mengalami hipotermi pasca anestesi (65,5%). Kejadian waktu pulih sadar lambat akibat hipotermi sebesar (52,7%) dari keseluruhan responden. Hasil uji chi squre didapat hasil nilai x^2 sebesar 4,954 dengan signifikansi (p) 0,026 dan nilai kontingensi 0,323 . Hasil uji statistik menunjukkan bahwa p *valu*e 0,026 lebih kecil dari 0,05 (0,026<0,05), terdapat hubungan hipotermi dengan waktu pulih sadar pasca general anestesi, sedangkan untuk nilai kontingensi 0,323 mendekati 0, maka keeratan hubungan antara hipotermi dengan waktu pulih sadar adalah rendah.
Kesimpulan: Ada hubungan hipotermi dengan waktu pulih sadar yaitu responden yang mengalami hipotermi dan waktu pulih sadarnya akan lambat. Keeratan hubungan hipotermi dengan waktu pulih sadar pasca *general* anestesi adalah lemah, akibat dari faktor lain seperti efek obat anestesi, lama anestesi, jenis pembedahan, berat badan, dan gangguan metabolisme lainnya yang dialami responden.
Kata Kunci: *general anestesi, hipotermi pasca anestesi, waktu pulih*

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THE CORRELATION OF HYPOTHERMIA WITH RECOVERY TIME POST GENERAL ANESTHESIA IN THE RECOVERY ROOM OF RSUD WATES

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ABSTRACT

Background: General anesthesia is one of the causes of hypothermia. Post anesthetic hypothermia affects the decrease in metabolism of anesthetic agents resulting in long duration of anesthesia and prolonged conscious recovering time. Post general hypothermic anesthesia still occurs, this requires appropriate handling to prevent recovered conscious time slowing due to hypothermia.
Purpose: The purpose of this study was to determine the correlation of hypothermia with time to recover conscious post general anesthesia.
Method: Correlational with cross sectional design. Sampling of consecutive sampling research consisting of 55 samples undergoing general anesthesia and using chi square test.
Result: The results showed that respondents mostly post-anesthetic hypothermia (65.5%) The incidence of recovering time was slowly due to hypothermia (52.7%) of the total respondents. Chi square test result obtained x^2 4,954 with significance (p) 0,026 and value of contingency 0,323. The statistical test results show that p value 0.026 is smaller than 0.05 (0.026 <0.05), there is a hypothermic correlation with the unconscious post-general anesthetic time, as for the contingency value of 0.323 close to 0, then the closeness of the correlation between hypothermia with conscious recovered time is low.
Conclusion: There is a hypothermic correlation with a conscious recovering time that respondents who hypothermia and recovered conscious time will be slow. The closeness of the hypothermic correlation to the unconscious post-general anesthetic time is weak, as a result of other factors such as the effects of anesthetic, the length of anesthesia, the type of surgery, weight, and other metabolic disorders by the respondent.
Key words: general anesthesia, hypothermia post anesthesia, recovery time

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