

THE EFFECT OF 30 DEGREE HEAD ELEVATION ON HEADACHE LEVELS OF PATIENTS POST CRANIOTOMY SURGERY

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ABSTRACT

Background: Some prospective studies state that about 60% of post craniotomy patients experience moderate to severe headaches. Headache management is very important to avoid the occurrence of chronic headaches that can lead to postoperative complications such as increased intracranial pressure. A non pharmacological therapy that can reduce headache levels is 30-degree head elevation.

Purpose: Identification the effect of 30-degree head elevation on post-craniotomy headache levels at Bekasi City Hospital.

Method: This type of research is quasy experiment with one group pretest posttest design. Data retrieval technique with total sampling as much as 29 respondents. The instrument used is NRS (Numeric Rating Scale). The research result were analyzed using Wilcoxon test.

Results: The results of data processing showed that before (pretest) mean value of headache level was 2,44 and after (posttest) mean value of headache level 1,65. The result of research showed that there is an effect of 30-degree head elevation on post-craniotomy headache levels in Bekasi City Hospital with Wilcoxon test result $p = 0.000$ ($p < 0,05$).

Conclusion: There is an effect of 30-degree head elevation on post-craniotomy headache levels in Bekasi City Hospital.

Keywords: 30-degree head elevation, headache level, post craniotomy.

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PENGARUH ELEVASI KEPALA 30 DERAJAT TERHADAP TINGKAT NYERI KEPALA PADA PASIEN POST OPERASI KRANIOTOMI

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ABSTRAK

Latar Belakang: Beberapa studi prospektif menyatakan bahwa sekitar 60% pasien post kraniotomi mengalami nyeri kepala sedang sampai berat. Manajemen nyeri kepala sangat penting dilakukan untuk menghindari terjadinya nyeri kepala kronik yang dapat menyebabkan komplikasi post operasi seperti peningkatan tekanan intrakranial. Salah satu terapi non farmakologi yang dapat menurunkan tingkat nyeri kepala yaitu elevasi kepala 30 derajat.

Tujuan: Teridentifikasinya pengaruh pemberian elevasi kepala 30 derajat terhadap tingkat nyeri kepala post kraniotomi di RSUD Kota Bekasi.

Metode: Penelitian ini merupakan penelitian *quasy experiment* dengan *one group pretest posttest design*. Teknik pengambilan sampel menggunakan *total sampling* sebanyak 29 responden. Instrumen yang digunakan yaitu lembar observasi skala nyeri NRS (*Numeric Rating Scale*). Hasil penelitian dianalisis dengan menggunakan uji *Wilcoxon*.

Hasil: Hasil pengolahan data menunjukkan bahwa sebelum (*pretest*) didapatkan nilai rata-rata tingkat nyeri kepala 2,44 dan setelah (*posttest*) didapatkan nilai rata-rata tingkat nyeri kepala 1,65. Hasil penelitian menunjukkan adanya pengaruh elevasi kepala 30 derajat terhadap tingkat nyeri kepala post kraniotomi di RSUD Kota Bekasi dengan hasil uji *Wilcoxon* $p=0,000$ ($p<0,05$).

Kesimpulan: Ada pengaruh elevasi kepala 30 derajat terhadap tingkat nyeri kepala post kraniotomi di RSUD Kota Bekasi.

Kata Kunci: Elevasi kepala 30 derajat, tingkat nyeri kepala, post kraniotomi.

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