

PENGARUH *LEG ELEVATION* TERHADAP *MEAN ARTERIAL PRESSURE* PASIEN SEKSIO SESAREA PASCA SPINAL ANESTESI DI RUANG PEMULIHAN RSUD BENDAN PEKALONGAN

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ABSTRAK

Latar Belakang: Angka persalinan dengan metode seksio sesarea meningkat berkisar 15-35%. Anestesi spinal pada pasien seksio sesarea dapat menyebabkan kejadian hipotensi sekitar 60-70% yang berakibat pada *mean arterial pressure*

Tujuan Penelitian: Mengetahui pengaruh *leg elevation* terhadap *mean arterial pressure* pasien seksio sesarea pasca spinal anestesi.

Metode Penelitian: Penelitian *quasi eksperiment* dengan desain *one group pre and post test design with control group*, dilaksanakan pada bulan Agustus-Oktober 2021. Teknik pengambilan sampel menggunakan *consecutive sampling* dengan sampel pasien seksio sesarea 25 orang kelompok kontrol dan 25 kelompok perlakuan. Analisa data menggunakan uji *Mann Whitney*.

Hasil Penelitian: Mayoritas responden mengalami peningkatan *mean arterial pressure* setelah dilakukan tindakan *leg elevation* selama 20 menit. Pada kelompok kontrol mayoritas mengalami penurunan *mean arterial pressure* setelah 20 menit tanpa *leg elevation*. Hal ini menunjukkan bahwa setelah dilakukan tindakan *leg elevation* sebagian besar responden mengalami peningkatan *mean arterial pressure*, Uji *Mann-Whitney* menunjukkan hasil nilai signifikansi $p=0,011$ ($p<0,05$).

Kesimpulan: Ada pengaruh *leg elevation* terhadap *mean arterial pressure* pasien seksio sesarea pasca spinal anestesi di ruang pemulihan RSUD Bendan Pekalongan Tahun 2021.

Kata kunci: *Leg Elevation, Mean Arterial Pressure, Seksio Sesarea, Spinal Anestesi*

Keterangan :

1 Mahasiswa Prodi Sarjana Terapan Keperawatan Anesthesiologi

2,3 Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

EFFECT OF LEG ELEVATION ON MEAN ARTERIAL PRESSURE POST SECTIO CAESAREA PATIENT AFTER SPINAL ANESTHESIA IN THE RECOVERY ROOM RSUD BENDAN PEKALONGAN

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ABSTRACT

Background: *The rate of delivery by sectio cesarean increased by 15-35%. Spinal anesthesia in sectio cesarean patients can cause hypotension around 60-70% which results in mean arterial pressure.*

Research Objective: *To determine the effect of leg elevation on the mean arterial pressure of sectio cesarean patients after spinal anesthesia.*

Research Method: *A quasi-experimental study with a one group pre and post test design with a control group, conducted in August-October 2021. The sampling technique used consecutive sampling with a sample of 25 sectio cesarean patients in the control group and 25 in the treatment group. Data analysis using Mann Whitney test.*

Research Result: *The majority of respondents experienced an increase in mean arterial pressure after 20 minutes of leg elevation. In the control group, the majority experienced a decrease in mean arterial pressure after 20 minutes without leg elevation. This shows that after the leg elevation action, most of the respondents experienced an increase in the mean arterial pressure, the Mann-Whitney test showed a significance value of $p = 0.011$ ($p < 0.05$).*

Conclusion: *There is an effect of leg elevation on the mean arterial pressure of sectio cesarean patients after spinal anesthesia in the recovery room at RSUD Bendan Pekalongan.*

Keywords: *Leg Elevation, Mean Arterial Pressure, Sectio Cesarean, Spinal Anesthesia*