

**HUBUNGAN LAMA PUASA DENGAN KEJADIAN  
HIPOTENSI PADA PASIEN *SECTIO CAESAREA*  
DENGAN SPINAL ANESTESI DI RSUD  
DR SOEDIRMAN KEBUMEN**

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**ABSTRAK**

**Latar Belakang :** Teknik spinal anestesi sampai sekarang masih menjadi pilihan untuk *sectio caesarea* karena pasien tetap dalam keadaan sadar sehingga masa pemulihan dan mobilisasi dapat lebih cepat. Salah satu komplikasi yang paling sering terjadi pada spinal anestesi hipotensi. Efek penurunan tonus arteri perifer akibat anestesi spinal pada pasien obstetri disertai penekanan aortocaval akan memperberat hipotensi.

**Tujuan :** Mengetahui hubungan lama puasa dengan kejadian hipotensi pada pasien *sectio caesarea* dengan spinal anestesi di RSUD Dr. Soedirman Kebumen.

**Metode :** Menggunakan *observasional analitik* dengan desain penelitian *cross sectional*. Sampel penelitian berjumlah 50 responden. Pengambilan sampel dengan *consecutive sampling* menggunakan lembar observasi penilaian puasa pre operasi, tekanan darah dan alat ukur *bedside monitor*. Uji yang digunakan yaitu uji *contingency coefficient*.

**Hasil :** Responden yang mengalami kejadian hipotensi pada spinal anestesi (64%) sementara yang tidak mengalami kejadian hipotensi (36%). Kejadian hipotensi mayoritas terjadi pada pasien dengan puasa >8 jam (62%) dengan nilai signifikansi sebesar 0,00 ( $p\text{-value} < 0,05$ ) dan nilai *contingency coefficient* 0,519 yang berarti ada hubungan sedang.

**Kesimpulan :** Ada hubungan lama puasa dengan kejadian hipotensi pada pasien *sectio caesarea* dengan spinal anestesi di RSUD Dr. Soedirman Kebumen. Keeratan hubungan lama puasa dengan kejadian hipotensi pasien *sectio caesarea* adalah sedang, akibat adanya faktor lain seperti indeks masa tubuh dan usia.

**Kata Kunci :** hipotensi, puasa pre operasi, spinal anestesi

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**CORRELATION OF LONG FASTING WITH  
HYPOTENSION IN SECTION CAESARIAN  
PATIENTS WITH SPINAL ANESTHESIA IN  
RSUD DR SOEDIRMAN KEBUMEN**

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**ABSTRACT**

**Background :** Spinal anesthesia technique is still the choice for cesarean section because the patient remains conscious so that the recovery and mobilization period can be faster. One of the most common complications of spinal anesthesia is hypotension. The effect of decreasing peripheral arterial tone due to spinal anesthesia in obstetric patients accompanied by aortocaval compression will exacerbate hypotension.

**Objective:** The purpose of this study was to determine the correlation between fasting duration and the incidence of hypotension in cesarean section patients with spinal anesthesia at RSUD Dr. Soedirman Kebumen.

**Methods:** An observational analytic with cross sectional research design. The research sample amounted to 50 respondents. Sampling was done by consecutive sampling using an observation sheet for preoperative fasting assessment, blood pressure and bedside monitor. The test used is the contingency coefficient.

**Results :** Respondents who experienced hypotension during spinal anesthesia (64%) while those who did not experience hypotension (36%). The majority of hypotension occurred in patients with fasting >8 hours (62%) with a significance value of 0.00 ( $p$  value <0.05) and a contingency coefficient value of 0.519 which means there is a moderate relationship.

**Conclusion :** There is a relationship between the length of fasting and the incidence of hypotension in sectio caesarea patients with spinal anesthesia at RSUD Dr. Soedirman Kebumen. The relationship between fasting duration and the incidence of hypotension in sectio caesarea patients is moderate, due to other factors such as body mass index and age.

**Keywords:** hypotension, preoperative fasting, spinal anesthesia

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