

**PENGARUH *PRELOADING* CAIRAN TERHADAP KEJADIAN
HIPOTENSI PADA PASIEN DENGAN ANESTESI SPINAL
DI RUANG IBS RSUD WONOSARI**

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ABSTRAK

Latar Belakang: Pasien operasi dengan anestesi spinal dapat mengalami komplikasi berupa hipotensi dikarenakan efek obat anestesi menimbulkan vasodilatasi pembuluh darah. Hipotensi yang tidak tertangani dapat menyebabkan syok hipovolemik bahkan kematian. Salah satu tindakan pencegahan kejadian hipotensi yaitu dengan pemberian *preloading* cairan terhadap pasien sebelum dilakukan anestesi spinal untuk kompensasi vasodilatasi pembuluh darah.

Tujuan: Mengetahui pengaruh *preloading* cairan terhadap kejadian hipotensi pada pasien dengan anestesi spinal.

Metode: Penelitian ini merupakan penelitian *pre-eksperimental* dengan pendekatan *pretest-posttest design* yang dilakukan di ruang IBS RSUD Wonosari pada tanggal 27 September-13 Oktober 2021. Sampel penelitian berjumlah 55 responden. Dilakukan pengukuran tekanan darah sebelum *preloading* cairan lalu dilakukan observasi dan pengukuran darah 10 menit setelah dilakukan anestesi spinal. Pengambilan sampel dengan *purposive sampling*. Uji yang dilakukan menggunakan uji *Willcoxon*.

Hasil: Responden sesuai dengan kriteria inklusi berjumlah 55 responden. Hasil analisis menggunakan uji *willcoxon* terdapat pengaruh dengan nilai *p value* 0,000 yang berarti $<0,05$. Insidensi kejadian hipotensi lebih rendah (20,0%) dibandingkan dengan yang tidak mengalami hipotensi (80,0%).

Kesimpulan: Pemberian *preloading* cairan efektif dalam pencegahan kejadian hipotensi pada pasien operasi menggunakan teknik anestesi spinal.

Kata Kunci: *preloading* cairan, hipotensi, anestesi spinal.

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THE EFFECT OF FLUIDS PRELOADING ON THE EVENT OF HYPOTENSION IN PATIENTS WITH SPINAL ANESTHESIA IN IBS RSUD WONOSARI

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ABSTRACT

Background: Surgical patients with spinal anesthesia can experience complications in the form of hypotension due to the effect of anesthetic drugs causing vasodilation of blood vessels. Untreated hypotension can lead to hypovolemic shock and even death. One of the measures to prevent hypotension is by administering fluid preloading to the patient before spinal anesthesia is performed to compensate for vasodilation of blood vessels.

Aim: To determine the effect of fluid preloading on the incidence of hypotension in patients with spinal anesthesia.

Method: This research is a pre-experimental study with a pretest-posttest design approach which was carried out in the IBS room at RSUD Wonosari on September 23-13 October 2021. The research sample amounted to 55 respondents. Blood pressure was measured before fluid preloading and then observed and measured 10 minutes after spinal anesthesia was administered. Sampling by purposive sampling. The tests were carried out using the Willcoxon test.

Results: Respondents according to the inclusion criteria amounted to 55 respondents. The results of the analysis using the Willcoxon test have an effect with a p value of 0.000 which means <0.05 . The incidence of hypotension was lower (20.0%) compared to those who did not experience hypotension (80.0%).

Conclusion: Administration of fluid preloading is effective in preventing hypotension in surgical patients using spinal anesthesia techniques.

Keywords: *preloading* fluids, hypotension, spinal anesthesia.

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