

PENGARUH LATIHAN KAKI TERHADAP KECEPATAN GERAKAN
MOTORIK KAKI PADA PASIEN PASCA SPINAL ANESTESI DI INSTALASI
BEDAH SENTRAL RSUD NEGARA KABUPATEN JEMBRANA

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ABSTRAK

Latar Belakang: Anestesia spinal adalah teknik anestesia regional atau sebagian dengan cara memblokir ruang subarahnoid. Terlambatnya pindah dapat menimbulkan kecemasan dan depresi sehingga pasien memerlukan perawatan lebih lama. Pasien tetap berada di ruang pemulihan sampai pulih penuh dari pengaruh anestesi. Kriteria penilaian yang digunakan untuk menentukan kesiapan pasien spinal anestesi dipindahkan dari ruang pemulihan apabila *bromage score* 2. Latihan ekstremitas bawah yang baik akan meningkatkan kemampuan pergerakan kaki sehingga akan meningkatkan pemulihan fungsional pasca regional anestesi dalam hal ini dapat mempengaruhi kecepatan gerakan motorik kaki.

Tujuan Penelitian: Untuk mengetahui pengaruh latihan kaki terhadap kecepatan gerakan motorik kaki pada pasien pasca spinal anestesi.

Metode Penelitian: Jenis penelitian *quasi experiment* dengan *Non Equivalent Post-test Only with Control Group Design*. Perlakuan yang diberikan adalah latihan kaki, pengambilan sampel menggunakan *consecutive sampling* dengan jumlah 64 responden terbagi menjadi kelompok eksperimen dan kontrol yang menjalani prosedur spinal anestesi. Analisis data dilakukan dengan Uji t (*Independent Sample T-test*).

Hasil Penelitian: Kecepatan gerakan motorik kaki mayoritas cepat pada kelompok eksperimen dan mayoritas lambat pada kelompok kontrol. Uji t (*Independent Sample T-test*) didapatkan $p = 0,002$.

Kesimpulan: Ada pengaruh yang bermakna pada latihan kaki terhadap kecepatan gerakan motorik kaki pada pasien pasca spinal anestesi.

Kata Kunci: latihan kaki, kecepatan gerakan motorik kaki, spinal anestesi

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THE EFFECT OF FOOT EXERCISE ON THE SPEED OF MOTOR FEET
MOVEMENT IN POST-SPINAL ANESTHESIA PATIENTS AT CENTRAL
SURGICAL INSTALLATION JEMBRANA NEGARA HOSPITAL

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ABSTRACT

Background: Spinal anesthesia is a regional or partial anesthetic technique by blocking the subarachnoid space. Delay in moving can cause anxiety and depression so that patients require longer treatment. The patient remains in the recovery room until fully recovered from the anesthetic effects. The assessment criteria used to determine the readiness of spinal anesthesia patients are transferred from the recovery room if the bromage score is 2. Good lower extremity exercise will increase the ability to move the legs so that it will improve functional recovery after regional anesthesia in this case can affect the speed of foot motor movements.

Objective: This study aims to determine the effect of leg exercises on the speed of foot motor movements in patients after spinal anesthesia.

Methods: This type of research is quasi-experimental with Non Equivalent Post-test Only with Control Group Design. The treatment given was leg exercises, sampling using consecutive sampling with a total of 64 respondents divided into experimental and control groups who underwent spinal anesthesia procedures. Data analysis was done by t-test (Independent Sample T-test).

Results: The speed of foot motor movement was mostly fast in the experimental group and the majority was slow in the control group. The t-test (Independent Sample T-test) obtained $p = 0.002$.

Conclusion: There is a significant effect on leg exercise on the speed of foot motor movement in post-spinal anesthesia patients.

Keywords: leg exercises, foot motor movement speed, spinal anesthesia

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