

## ABSTRACT

### EFFECTIVENESS OF ADMINISTRATION OF PETIDIN AND COTTON BLANKETS ON POST SHIVERING LEVEL SPINAL ANESTHESIA AT BENDAN HOSPITAL PEKALONGAN

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**Background :** Regional anesthesia works by producing sympathetic nerve block, muscle relaxation and sensory block of peripheral temperature receptors thereby inhibiting the compensatory response to temperature. In this way, there is a *shivering* regional anesthetic effect . Ways that can be done to prevent or overcome post-anesthesia *shivering* include giving drugs such as pethidine and other drugs and also using non-pharmacological treatments such as the use of cotton blankets and fluid warmers.

**Research Objectives :** To determine the effectiveness of giving pethidine and cotton blankets to the level of post- spinal anesthesia Shivering in Bendan Hospital Pekalongan.

**Methods:** Quasi-experimental (pretest and post-test group design), namely observing twice in the two intervention groups, observing before the experiment. This study used a cross sectional design. A sample of 62 respondents was taken by Consecutive Sampling..

**Results:** In the pethidine intervention, respondents who previously experienced *shivering* (degrees 1,2,3) the scale became not *shivering* (degrees 0) as many as 23 people (74.2%). And respondents who only experienced a decrease in the degree of *shivering* to (grade 1) were 8 people (25,8). The results obtained after giving cotton blankets, namely respondents who did not experience *shivering* (degree 0) were 15 people (48.4%), degree 1 was 12 people (38.7%), degree 2 was 4 people (12.9%). %, and 0% at grade 3.

**Keywords:** *Spinal Anesthesia* , Shivering, pethidine, cotton blanket

## ABSTRAK

### EFEKTIFITAS PEMBERIAN PETIDIN DAN SELIMUT KATUN TERHADAP TINGKAT SHIVERING PASCA SPINAL ANESTESI DI RSUD BENDAN PEKALONGAN

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**Latar Belakang** : Anestesi regional bekerja dengan cara menghasilkan blok saraf simpatis, relaksasi otot dan blok sensorik reseptor suhu perifer sehingga menghambat respon kompensasi terhadap suhu. Dengan cara demikian, terdapat efek dari regional anestesi *shivering*. Cara yang dapat dilakukan untuk mencegah atau mengatasi *shivering* pasca anestesi antara lain memberikan obat-obatan seperti petidin dan obat-obatan lainnya dan juga penanganan menggunakan non farmakologis seperti penggunaan selimut katun dan flid warmer.

**Tujuan Penelitian** : Mengetahui Efektifitas Pemberian Petidin dan Selimut Katun terhadap Tingkat Shivering pasca Spinal Anestesi Di RSUD Bendan Pekalongan.

**Metode** : Quasi eksperimen (pretest and pasca test group design) yaitu melakukan observasi sebanyak dua kali pada kedua kelompok intervensi, observasi sebelum eksperimen. Penelitian ini menggunakan desain *cross sectional*. Sampel sejumlah 62 responden yang diambil secara *Consecutive Sampling*.

**Hasil** : pada intervensi petidin responden yang sebelumnya mengalami *shivering* (derajat 1,2,3) skala menjadi tidak *shivering* (derajat 0) yaitu sebanyak 23 orang (74,2%). Dan responden yang hanya mengalami penurunan derajat *shivering* menjadi (derajat 1) yaitu sebanyak 8 orang (25,8). Hasil yang didapatkan setelah dilakukan pemberian selimut katun yaitu responden yang tidak mengalami *shivering* (derajat 0) yaitu sebanyak 15 orang (48,4%), derajat 1 sebanyak 12 orang (38,7%), derajat 2 sebanyak 4 orang (12,9%), dan 0% pada derajat 3.

**Kata Kunci** : *Spinal Anestesi*, *Shivering*, petidin, selimut katun