

DEVELOPMENT OF A POST ANESTHESIA HYPOTHERMIA RISK ASSESSMENT TOOL

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ABSTRACT

Background: Post-anesthesia hypothermia is a common complication in surgical patients and can lead to serious consequences during recovery, such as increased bleeding, surgical site infection, and prolonged hospitalization. Prevention of hypothermia requires early risk identification through a standardized assessment instrument that is practical and easy to use in clinical settings.

Objective: To develop a valid and reliable risk assessment instrument for post-anesthesia hypothermia.

Methods: This study used a Research and Development (R&D) approach with the ADDIE model, which included the stages of analysis, design, development, implementation, and evaluation. The content validity of the instrument was assessed by 14 validators, comprising nurse anesthetists and anesthesiologists with expertise in anesthesia, using the Content Validity Ratio (CVR) method. Empirical validity and reliability testing were conducted on 33 nurse anesthetists as research respondents. Empirical validity was analyzed using the Corrected Item–Total Correlation, while reliability was assessed using Cronbach’s Alpha coefficient.

Results: The development of the instrument began with 14 initial items. Based on expert evaluation, 3 items were eliminated and 1 item was revised, resulting in 11 items for empirical testing. Empirical testing showed that 1 item was not valid. The Cronbach’s Alpha value of 0.754 indicated good reliability.

Conclusion: The developed post-anesthesia hypothermia risk assessment instrument was valid and reliable at the preliminary stage and may be used as a screening tool to support hypothermia prevention in anesthesia nursing practice.

Keywords: Hypothermia, post-anesthesia, reliability, risk assessment instrument, validity.

PENGEMBANGAN INSTRUMEN PENILAIAN RISIKO HIPOTERMIA PADA PASIEN PASCA ANESTESI

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ABSTRAK

Latar Belakang : Hipotermia pasca anestesi merupakan komplikasi yang sering terjadi pada pasien pembedahan dan dapat menimbulkan dampak serius terhadap proses pemulihan, seperti peningkatan perdarahan, infeksi luka operasi, serta perpanjangan masa perawatan. Pencegahan hipotermia memerlukan identifikasi risiko sejak dini melalui instrumen penilaian yang terstandarisasi dan mudah digunakan dalam praktik klinik.

Tujuan : Mengembangkan instrumen penilaian risiko hipotermia pada pasien pasca anestesi yang valid dan reliabel.

Metode : Menggunakan pendekatan *Research and Development (R&D)* dengan model ADDIE yang meliputi tahap analisis, desain, pengembangan, implementasi, dan evaluasi. Validitas isi instrumen dinilai oleh 14 validator yang terdiri atas penata anestesi dan dokter anestesi yang memiliki kompetensi di bidang anestesi menggunakan metode *Content Validity Ratio (CVR)*. Uji validitas empiris dan reliabilitas dilakukan pada 33 penata anestesi sebagai responden penelitian. Uji validitas empiris dianalisis menggunakan *Corrected Item-Total Correlation*, sedangkan uji reliabilitas menggunakan koefisien *Cronbach's Alpha*.

Hasil : Pengembangan instrumen dimulai dari 14 item awal. Berdasarkan penilaian para ahli, 3 item dieliminasi dan 1 item direvisi, sehingga diperoleh 11 item untuk uji empiris. Hasil uji empiris menunjukkan 1 item tidak valid. Nilai Cronbach's Alpha sebesar 0,754 menunjukkan reliabilitas yang baik.

Kesimpulan : Instrumen penilaian risiko hipotermia yang dikembangkan valid dan reliabel pada tahap awal serta dapat digunakan sebagai alat skrining untuk mendukung pencegahan hipotermia dalam praktik keperawatan anestesi.

Kata Kunci : Hipotermia, instrumen penilaian risiko, pasca anestesi, reliabilitas, validitas.