

**PERBEDAAN TINGKAT *POSTOPERATIVE SORE THROAT* (POST)  
ANTARA *SNIFFING POSITION* DAN *RAMPED POSITION* SELAMA  
INTUBASI PADA PASIEN ANESTESI UMUM DENGAN  
*ENDOTRACHEAL TUBE* (ETT)**

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**ABSTRAK**

**Latar Belakang:** *Postoperative Sore Throat* (POST) merupakan komplikasi pasca anestesi umum akibat iritasi dan cedera mekanik pascaintubasi yang dapat diminimalkan melalui optimalisasi posisi kepala saat intubasi, yaitu *sniffing position* dan *ramped position*.

**Tujuan:** Diketahui adanya perbedaan tingkat POST antara *sniffing position* dan *ramped position* selama intubasi ETT di RSUD Kanjuruhan Malang.

**Metode:** Penelitian menggunakan metode *quasi-experimental* dengan desain *posttest only non-equivalent control group design*. Teknik *sampling* yang digunakan adalah *consecutive sampling* dengan total sampel 86 responden yang dibagi menjadi 43 responden diterapkan posisi *sniffing* dan 43 responden diterapkan posisi *ramped*.

**Hasil:** Didapatkan hasil responden yang diterapkan *sniffing position* sebanyak 33 pasien (76,7%) mengalami nyeri tidak bermakna dan 10 pasien (23,3%) mengalami nyeri sedang hingga berat. Pasien yang diterapkan *ramped position* sebanyak 35 pasien (81,4%) mengalami nyeri tidak bermakna dan 8 pasien (18,6%) mengalami nyeri sedang hingga berat. Hasil uji *Chi-Square* diperoleh nilai signifikansi *Continuity Correction* 0,791.

**Kesimpulan:** Tidak terdapat perbedaan tingkat POST yang signifikan antara *sniffing position* dan *ramped position* selama intubasi ETT di RSUD Kanjuruhan Malang.

**Kata Kunci:** Intubasi Endotrakeal, *Sniffing Position*, *Ramped Position*, *Postoperative sore throat*, Anestesi Umum.

**DIFFERENCES IN POSTOPERATIVE SORE THROAT (POST) LEVELS  
BETWEEN SNIFFING POSITION AND RAMPED POSITION DURING  
INTUBATION IN GENERAL ANESTHESIA PATIENTS WITH  
ENDOTRACHEAL TUBE**

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**ABSTRACT**

**Background:** Postoperative Sore Throat (POST) is a complication following general anesthesia caused by irritation and mechanical injury after intubation, which may be minimized through optimization of intubation positioning using the sniffing position and ramped position.

**Objective:** A difference in the level of Postoperative Sore Throat (POST) between the sniffing position and ramped position during endotracheal tube (ETT) intubation at RSUD Kanjuruhan Malang was identified.

**Method:** This study employed a quasi-experimental method with a posttest-only non-equivalent control group design. The sampling technique used was consecutive sampling with a total of 86 respondents, consisting of 43 respondents assigned to the sniffing position group and 43 respondents assigned to the ramped position group.

**Results:** The results showed that 33 patients (76.7%) in the sniffing position group experienced insignificant pain, while 10 patients (23.3%) experienced moderate to severe pain. In the ramped position group, 35 patients (81.4%) experienced insignificant pain and 8 patients (18.6%) experienced moderate to severe pain. The Chi-Square test showed a Continuity Correction significance value of 0.791.

**Conclusion:** There was no significant difference in the level of Postoperative Sore Throat (POST) between the sniffing position and ramped position during endotracheal tube (ETT) intubation at RSUD Kanjuruhan Malang.

**Keywords:** Endotracheal Intubation, Sniffing Position, Ramped Position, Postoperative Sore Throat, General Anesthesia.