

PENGARUH EDUKASI PUASA PRE OPERATIF BERBASIS *E-BOOKLET* TERHADAP TINGKAT PENGETAHUAN PASIEN ANESTESI UMUM DI RSUP Dr. SITANALA TANGERANG

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ABSTRAK

Latar Belakang: Puasa pre operatif merupakan salah satu persiapan penting sebelum tindakan pembedahan dengan anestesi umum untuk mencegah terjadinya regurgitasi dan aspirasi selama prosedur anestesi. Namun, masih banyak pasien yang belum memahami dengan baik aturan puasa sebelum operasi sehingga dapat meningkatkan risiko komplikasi selama tindakan anestesi. Salah satu upaya yang dapat dilakukan untuk meningkatkan pengetahuan pasien adalah melalui edukasi kesehatan menggunakan media digital seperti *e-booklet* yang lebih menarik, mudah dipahami, dan praktis untuk digunakan.

Tujuan: Diketahui pengaruh edukasi puasa pre operatif berbasis *e-booklet* terhadap tingkat pengetahuan pasien yang akan menjalani anestesi umum di RSUP Dr. Sitanala Tangerang.

Metode: Penelitian ini menggunakan desain *quasi experiment* dengan pendekatan *non-equivalent control group design*. Pengukuran tingkat pengetahuan dilakukan sebelum dan sesudah intervensi (*pretest* dan *posttest*) pada kelompok intervensi dan kelompok kontrol menggunakan kuesioner pengetahuan. Besar sampel penelitian berjumlah 32 responden untuk masing-masing kelompok, yaitu kelompok intervensi dan kelompok kontrol dengan teknik pengambilan sampel menggunakan teknik *consecutive sampling*. Kelompok intervensi diberikan edukasi menggunakan media *e-booklet*, sedangkan kelompok kontrol diberikan edukasi tanpa media.

Hasil: Hasil analisis menunjukkan adanya peningkatan tingkat pengetahuan pada kelompok yang diberikan edukasi menggunakan *e-booklet* dibandingkan dengan kelompok kontrol. Media *e-booklet* terbukti lebih efektif dalam meningkatkan pemahaman pasien mengenai aturan puasa pre operatif sebelum tindakan anestesi umum.

Kesimpulan: Edukasi puasa pre operatif berbasis *e-booklet* berpengaruh terhadap peningkatan tingkat pengetahuan pasien anestesi umum di RSUP Dr. Sitanala Tangerang.

Kata Kunci: edukasi kesehatan, *e-booklet*, puasa pre operatif, tingkat pengetahuan, anestesi umum

**THE EFFECT OF PRE-OPERATIVE FASTING EDUCATION BASED ON
E-BOOKLETS ON THE LEVEL OF KNOWLEDGE OF GENERAL
ANESTHESIA PATIENTS AT THE DR. SITANALA TANGERANG
GENERAL HOSPITAL**

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ABSTRACT

Background: Preoperative fasting was one of the important preparations before surgical procedures under general anesthesia to prevent regurgitation and aspiration during the anesthesia process. However, many patients still did not fully understand the preoperative fasting guidelines, which could increase the risk of complications during anesthesia. One of the efforts that could be made to improve patient knowledge was health education using digital media such as e-booklets, which were more attractive, easier to understand, and practical to use.

Objective: To determine the effect of e-booklet-based preoperative fasting education on the level of knowledge among patients who would undergo general anesthesia at RSUP Dr. Sitanala Tangerang.

Methods: This study used a quasi-experimental design with a non-equivalent control group approach. The level of knowledge was measured before and after the intervention (pretest and posttest) in both the intervention and control groups using a knowledge questionnaire. The total sample consisted of 32 respondents in each group, namely the intervention group and the control group, selected using a consecutive sampling technique. The intervention group received education using an e-booklet, while the control group received education without media.

Results: The analysis showed an increase in the level of knowledge in the group that received education using the e-booklet compared to the control group. The e-booklet media proved to be more effective in improving patients' understanding of preoperative fasting guidelines before undergoing general anesthesia.

Conclusion: E-booklet-based preoperative fasting education affected the improvement of knowledge levels among general anesthesia patients at RSUP Dr. Sitanala Tangerang.

Keywords: health education, e-booklet, preoperative fasting, knowledge level, general anesthesia.