

PERBEDAAN KESULITAN DAN WAKTU INTUBASI *ENDOTRACHEAL TUBE* ANTARA *EAR TO STERNAL NOTCH POSITIONING* DAN *SNIFFING POSITION* PADA PASIEN DENGAN ANESTESI

UMUM DI RSUD KANJURUHAN KAB. MALANG

Aqilla Davin Afriandhani¹, Yusniarita², Nunuk Sri Purwanti²

Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman

Email : rexuchiha008@gmail.com

ABSTRAK

Latar Belakang : *Sniffing Position* telah lama digunakan sebagai posisi standar laringoskopi langsung. Namun, penelitian terbaru menunjukkan bahwa *Ear to Sternal Notch Positioning* berpotensi memberikan visualisasi glotis yang lebih optimal sehingga dapat mempermudah dan mempercepat intubasi. Penelitian yang membandingkan kedua posisi terhadap kesulitan dan waktu intubasi masih terbatas.

Tujuan : Menganalisis perbedaan kesulitan dan waktu intubasi *Endotracheal Tube* antara *Ear to Sternal Notch Positioning* dan *Sniffing Position* pada pasien dengan anestesi umum. **Metode :** penelitian dengan desain *quasi-experimental* dengan pendekatan *posttest-only non-equivalent with control group design*. Sebanyak 86 responden dipilih menggunakan *consecutive sampling* dan dibagi menjadi kelompok *Ear to Sternal Notch Positioning* (n=43) dan *Sniffing Position* (n=43). Kesulitan intubasi dinilai menggunakan *Intubation Difficulty Scale* (IDS), sedangkan waktu intubasi dicatat dalam detik. Analisis menggunakan uji *Mann-Whitney*. **Hasil :** Sebanyak 65,1% responden pada kelompok *Ear to Sternal Notch Positioning* memiliki IDS kategori mudah, sedangkan pada kelompok *Sniffing Position* sebesar 39,5%. Median waktu intubasi kelompok *Ear to Sternal Notch Positioning* adalah 25 detik dan kelompok *Sniffing Position* 45 detik. Terdapat perbedaan bermakna pada IDS (U=688; p=0,018) dan waktu intubasi (U=368,5; p<0,001). **Kesimpulan :** *Ear to Sternal Notch Positioning* menghasilkan hasil pengukuran kesulitan intubasi yang lebih rendah dan waktu intubasi yang lebih singkat dibandingkan *Sniffing Position*.

Kata Kunci : *Sniffing Position*, *Ear-to-Sternal Notch Positioning*, *Intubation Difficulty Scale*, Waktu Intubasi, Anestesi Umum.

**DIFFERENCES IN ENDOTRACHEAL TUBE INTUBATION DIFFICULTY
AND INTUBATION TIME BETWEEN EAR-TO-STERNAL NOTCH
POSITIONING AND THE SNIFFING POSITION AMONG
PATIENTS UNDERGOING GENERAL ANESTHESIA AT
KANJURUHAN REGIONAL HOSPITAL, MALANG REGENCY**

Aqilla Davin Afriandhani¹, Yusniarita², Nunuk Sri Purwanti²

Nursing Department Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman

Email : rexuchiha008@gmail.com

ABSTRACT

Background : The sniffing position has long been used as the standard position for direct laryngoscopy. However, recent studies suggest that Ear-to-Sternal Notch Positioning (ESTN) may provide better glottic visualization, potentially facilitating easier and faster endotracheal intubation. Studies comparing both positions in terms of intubation difficulty and intubation time remain limited. **Objective :** To analyze the differences in endotracheal tube intubation difficulty and intubation time between Ear-to-Sternal Notch Positioning and the Sniffing Position in patients undergoing general anesthesia. **Methods :** This quasi-experimental study employed a posttest-only non-equivalent control group design. A total of 86 participants were selected using consecutive sampling and allocated into the Ear-to-Sternal Notch Positioning group ($n = 43$) and the Sniffing Position group ($n = 43$). Intubation difficulty was assessed using the Intubation Difficulty Scale (IDS), while intubation time was measured in seconds. Data were analyzed using the Mann–Whitney test. **Results :** In the Ear-to-Sternal Notch Positioning group, 65.1% of participants had an IDS score indicating easy intubation, compared to 39.5% in the Sniffing Position group. The median intubation time was 25 seconds in the Ear-to-Sternal Notch Positioning group and 45 seconds in the Sniffing Position group. Significant differences were found in intubation difficulty ($U = 688$; $p = 0.018$) and intubation time ($U = 368.5$; $p < 0.001$). **Conclusion :** Ear-to-Sternal Notch Positioning resulted in lower intubation difficulty and shorter intubation time compared with the Sniffing Position.

Keywords : Sniffing Position, Ear-to-Sternal Notch Positioning, Intubation Difficulty Scale, Intubation Time, General Anesthesia.