

**PENGARUH *LATERAL POSITION* TERHADAP STATUS
HEMODINAMIK PADA PASIEN *SECTIO CAESAREA* PASCA SPINAL
ANESTESI DI RS PKU MUHAMMADIYAH GAMPING**

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ABSTRAK

Latar Belakang: *Sectio caesarea* dengan spinal anestesi dapat menyebabkan perubahan status hemodinamik berupa penurunan tekanan darah, *mean arterial pressure* (MAP), perubahan denyut nadi, dan saturasi oksigen akibat blokade saraf simpatis. Salah satu intervensi nonfarmakologis yang dapat dilakukan untuk membantu mempertahankan kestabilan hemodinamik adalah *lateral position* karena mampu meningkatkan *venous return* dan mengurangi penekanan pada vena cava inferior.

Tujuan: Mengetahui pengaruh *lateral position* terhadap status hemodinamik pada pasien *sectio caesarea* pasca spinal anestesi di RS PKU Muhammadiyah Gamping.

Metode: Penelitian ini menggunakan desain *pre-experimental* dengan pendekatan *one-group pretest-posttest*. Sampel penelitian sebanyak 25 responden dipilih menggunakan teknik *purposive sampling* sesuai kriteria inklusi. Pengukuran status hemodinamik meliputi tekanan darah sistolik, tekanan darah diastolik, *mean arterial pressure* (MAP), denyut nadi, dan saturasi oksigen sebelum dan sesudah pemberian *lateral position*. Analisis data menggunakan uji *Shapiro-Wilk* sebagai uji normalitas, kemudian dilanjutkan dengan uji *paired t-test* pada variabel yang berdistribusi normal dan uji *Wilcoxon signed-rank test* pada variabel yang tidak berdistribusi normal.

Hasil: Hasil penelitian menunjukkan bahwa terdapat perbedaan yang bermakna pada tekanan darah sistolik ($p = 0,000$), tekanan darah diastolik ($p = 0,000$), *mean arterial pressure* (MAP) ($p = 0,001$), denyut nadi ($p = 0,018$), dan saturasi oksigen ($p = 0,002$) sebelum dan sesudah pemberian *lateral position* ($p < 0,05$). Hasil tersebut menunjukkan bahwa pemberian *lateral position* memberikan pengaruh terhadap perubahan status hemodinamik pada pasien *sectio caesarea* pasca spinal anestesi.

Kesimpulan: *Lateral position* berpengaruh signifikan terhadap kestabilan status hemodinamik pada pasien *sectio caesarea* pasca spinal anestesi.

Kata Kunci: *lateral position*, status hemodinamik, *sectio caesarea*, spinal anestesi.

THE EFFECT OF LATERAL POSITION ON HEMODYNAMIC STATUS IN POST SPINAL ANESTHESIA CAESAREAN SECTION PATIENTS AT PKU MUHAMMADIYAH GAMPING HOSPITAL

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ABSTRACT

Background: Cesarean section performed under spinal anesthesia may cause hemodynamic changes, including decreased blood pressure, mean arterial pressure (MAP), alterations in heart rate, and oxygen saturation due to sympathetic nerve blockade. One of the non-pharmacological interventions that can be used to help maintain hemodynamic stability is the lateral position, as it can increase venous return and reduce compression of the inferior vena cava.

Objective: To determine the effect of lateral position on hemodynamic status in post-spinal anesthesia cesarean section patients at PKU Muhammadiyah Gamping Hospital.

Methods: This study employed a pre-experimental design using a one-group pretest-posttest approach. A total of 25 respondents were selected using purposive sampling based on the inclusion criteria. Hemodynamic parameters, including systolic blood pressure, diastolic blood pressure, mean arterial pressure (MAP), heart rate, and oxygen saturation, were measured before and after the application of the lateral position. Data were analyzed using the Shapiro–Wilk test for normality, followed by the paired t-test for normally distributed variables and the Wilcoxon signed-rank test for non-normally distributed variables.

Result: The findings showed statistically significant differences in systolic blood pressure ($p = 0.000$), diastolic blood pressure ($p = 0.000$), mean arterial pressure (MAP) ($p = 0.001$), heart rate ($p = 0.018$), and oxygen saturation ($p = 0.002$) before and after the application of the lateral position ($p < 0.05$). These results indicate that the lateral position significantly affected the hemodynamic status of post-spinal anesthesia cesarean section patients.

Conclusion: The lateral position has a significant effect on improving hemodynamic stability in post-spinal anesthesia cesarean section patients.

Keywords: lateral position, hemodynamic status, cesarean section, spinal anesthesia.