

**THE EFFECT OF WARM SALINE GARGLE ON POST-ENDOTRACHEAL
TUBE INTUBATION SORE THROAT IN GENERAL ANESTHESIA
PATIENTS**

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ABSTRACT

Background : *Postoperative sore throat (POST) is one of the most common complications experienced by patients undergoing general anesthesia with endotracheal tube (ETT) intubation. This condition is caused by mechanical trauma and inflammation of the pharyngeal and laryngeal mucosa during the intubation and extubation processes. Post-intubation sore throat may reduce patient comfort, delay recovery, and decrease satisfaction with anesthesia care. One of the non-pharmacological interventions that can be used to reduce postoperative sore throat is warm saline gargling (gargle saline warm).*

Objective : *This study aimed to determine the effect of warm saline gargling on post-endotracheal tube intubation sore throat in patients undergoing general anesthesia at RSUD Jendral Achmad Yani Kota Metro.*

Methods : *This study employed a quantitative quasi-experimental design using a non-equivalent control group pre-test and post-test approach. The study involved 60 respondents divided into an intervention group (30 respondents) and a control group (30 respondents) selected using a consecutive sampling technique. The intervention group received warm saline gargling therapy 4 hours after surgery, while the control group did not receive the intervention. Sore throat intensity was measured using the Numeric Rating Scale (NRS) before and after the intervention. Data were analyzed using the Wilcoxon and Mann-Whitney tests.*

Results : *The results showed a decrease in sore throat intensity in the intervention group after receiving warm saline gargling compared to the control group. Statistical analysis demonstrated a significant difference between the intervention and control groups with a p-value < 0.05.*

Conclusion : *In conclusion, warm saline gargling has a significant effect on reducing post-endotracheal tube intubation sore throat in patients undergoing general anesthesia. This intervention can be applied as a simple, safe, and practical non-pharmacological therapy in anesthesiology nursing practice to improve postoperative patient comfort.*

Keywords : *warm saline gargling, sore throat, postoperative sore throat, endotracheal intubation, general anesthesia.*

PENGARUH *WARM SALINE GARGLE* TERHADAP NYERI TENGGOROKAN PASCA INTUBASI *ENDOTRACHEAL TUBE* PADA PASIEN GENERAL ANESTESI

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ABSTRAK

Latar Belakang : Nyeri tenggorokan pasca intubasi atau *Postoperative Sore Throat* (POST) merupakan komplikasi yang sering terjadi pada pasien yang menjalani anestesi umum dengan pemasangan *endotracheal tube* (ETT). Kondisi ini disebabkan oleh trauma mekanik dan inflamasi mukosa faring serta laring selama proses intubasi dan ekstubasi. Nyeri tenggorokan pasca intubasi dapat menurunkan kenyamanan pasien, memperlambat proses pemulihan, serta menurunkan kepuasan terhadap pelayanan anestesi. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk mengurangi nyeri tenggorokan pasca intubasi adalah *warm saline gargle* atau berkumur menggunakan larutan saline hangat.

Tujuan : Mengetahui pengaruh *warm saline gargle* terhadap nyeri tenggorokan pasca intubasi endotracheal tube pada pasien general anestesi di RSUD Jend Achmad Yani

Metode : Penelitian ini merupakan penelitian kuantitatif dengan desain quasi experimental menggunakan pendekatan *non equivalent control design with pre-test and post-test*. Sampel penelitian berjumlah 60 responden yang dibagi menjadi kelompok intervensi sebanyak 30 responden dan kelompok kontrol sebanyak 30 responden dengan teknik *consecutive sampling*. Kelompok intervensi diberikan intervensi berupa *warm saline gargle* pasca operasi, sedangkan kelompok kontrol tidak diberikan intervensi. Pengukuran nyeri tenggorokan dilakukan menggunakan *Numeric Rating Scale* sebelum dan sesudah intervensi. Analisis data dilakukan menggunakan uji wilcoxon dan mann-whitney.

Hasil : Hasil penelitian menunjukkan bahwa terdapat penurunan nyeri tenggorokan pada kelompok intervensi setelah diberikan *warm saline gargle* dibandingkan kelompok kontrol. Hasil uji statistik menunjukkan adanya perbedaan bermakna antara kelompok intervensi dan kelompok kontrol dengan nilai $p < 0,05$

Kesimpulan : Pemberian *warm saline gargle* memiliki pengaruh terhadap penurunan nyeri tenggorokan pasca intubasi *endotracheal tube* pada pasien general anestesi. Intervensi ini dapat digunakan sebagai terapi nonfarmakologis yang sederhana dan aman untuk meningkatkan kenyamanan pasien pasca operasi

Kata kunci : *warm saline gargle*, nyeri tenggorokan, *postoperative sore throat*, intubasi endotracheal, general anestesi