

**PENGARUH PEMBERIAN PERMEN STREPSILS TERHADAP RESPON
NYERI TENGGOROKAN PASCA EKSTUBASI PADA
PASIEEN BEDAH SARAF DI RSUP dr SOERADJI
TIRTONEGORO KLATEN**

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ABSTRAK

Latar belakang : Nyeri tenggorokan pasca general anestesi cukup tinggi, mencapai 59,6% di dunia dan 53,8% di Indonesia dalam 48 jam pasca operasi. Penggunaan permen strepsils perioperatif terbukti efektif sebagai profilaksis nyeri tenggorokan, batuk, dan suara serak karena efek antiinflamasi orofaringeal.

Tujuan : Mengetahui pengaruh pemberian permen strepsils terhadap respon nyeri tenggorokan pasca ekstubasi pada pasien bedah saraf di RSUP dr. Soeradji Tirtonegoro Klaten.

Metode : Penelitian ini menggunakan desain kuantitatif observasional dengan rancangan *pre-test and post-test with control group*, pada 56 pasien bedah saraf di RSUP dr. Soeradji Tirtonegoro Klaten. Kelompok dibagi menjadi yang diberi permen Strepsils dan tidak diberi, dengan analisis data menggunakan uji *Wilcoxon* dan *Mann-Whitney*.

Hasil : Hasil uji *Wilcoxon* menunjukkan terdapat perbedaan bermakna antara *pre-test* dan *post-test* pada kelompok observasi ($p=0,001$; $p<0,05$), sedangkan pada kelompok kontrol tidak terdapat perbedaan signifikan ($p=0,143$; $p>0,05$). Uji *Mann-Whitney* juga menunjukkan perbedaan signifikan antara kedua kelompok, dengan *mean rank* kelompok observasi lebih rendah dari kontrol ($14,50 < 42,50$; $p=0,001$).

Kesimpulan : Ada perbedaan respon nyeri tenggorokan pasca ekstubasi sebelum dan sesudah pemberian perlakuan pada kelompok observasi dan kelompok kontrol dengan nilai signifikan $p\ 0,001 < 0,05$.

Kata Kunci : permen strepsils, nyeri tenggorokan pasca ekstubasi, bedah saraf.

**THE EFFECT OF STREPSILS LOZENGES ON POST-EXTUBATION
SORE THROAT PAIN IN NEUROSURGICAL PATIENTS AT DR.
SOERADJI TIRTONEGORO GENERAL HOSPITAL, KLATEN**

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ABSTRACT

Background: Postoperative sore throat following general anesthesia remains a common complication, with a global incidence of 59.6% and 53.8% in Indonesia within 48 hours after surgery. The perioperative administration of Strepsils lozenges has demonstrated efficacy in preventing sore throat, cough, and hoarseness due to its oropharyngeal anti-inflammatory properties.

Objective: This study aimed to evaluate the effect of Strepsils lozenge administration on post-extubation sore throat responses among neurosurgical patients at RSUP dr. Soeradji Tirtonegoro Klaten.

Methods: A quantitative observational study with a pre-test and post-test control group design was conducted on 56 neurosurgical patients at RSUP dr. Soeradji Tirtonegoro Klaten. Participants were divided into an observation group receiving Strepsils lozenges and a control group without observation. Data analysis was performed using the Wilcoxon test for intra-group comparison and the Mann-Whitney U test for inter-group comparison.

Results: The Wilcoxon test revealed a significant difference between pre-test and post-test scores in the intervention group ($p = 0,001$; $p < 0,05$), whereas no significant difference was found in the control group ($p = 0,143$; $p > 0,05$). The Mann-Whitney U test further indicated a significant difference between groups, with a lower mean rank in the observation group compared to the control group (14,50 vs. 42,50; $p = 0,001$).

Conclusion: The administration of Strepsils lozenges significantly reduced post-extubation sore throat responses in neurosurgical patients, as evidenced by a significant difference between the observation and control groups ($p = 0,001 < 0,05$).

Keywords: Strepsils lozenges; post-extubation sore throat; neurosurgery.