

ABSTRAK

PENGARUH LATIHAN *RANGE OF MOTION* (ROM) PASIF TERHADAP WAKTU PULIH SADAR PASIEN DENGAN *GENERAL ANESTESI* DI *RECOVERY ROOM* RSUD KOTA BANDUNG

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Keterlambatan pulih sadar pasca *general anestesi* merupakan salah satu faktor risiko *morbidity* dan *mortality* yang sering terjadi pada semua operasi. Oleh karena itu pemberian ROM pasif sebagai upaya pencegahan penting untuk diberikan. Tujuan penelitian ini untuk mengetahui pengaruh latihan ROM pasif terhadap waktu pulih sadar pasien dengan general anestesi. Metode penelitian ini yaitu kuantitatif dengan desain penelitian *post-test only non-equivalent control group design* dan pengambilan sampel penelitian *non probability sampling* dengan *consecutive sampling*. Penelitian ini menggunakan 2 kelompok yaitu 18 kelompok kontrol dan 18 kelompok perlakuan. Hasil pengumpulan data ROM pasif dilakukan 1x perlakuan selama 8-10 menit pada kelompok perlakuan sampai nilai *aldrette score* > 9 dan dilihat lama waktu pulih sadar dengan menghitung menggunakan stopwatch. Hasil penelitian didapatkan pada kelompok kontrol > 40 menit sebanyak 17 orang (94,4%) dan kelompok perlakuan < 40 menit sebanyak 16 orang (88,9%). Sehingga ada pengaruh diberikan latihan ROM pasif terhadap waktu pulih sadar dengan nilai p value sebesar ($0,000 < 0,05$). Peneliti berharap penelitian selanjutnya dapat meneruskan penelitian ini melalui penggunaan intervensi lain yang dapat membantu mempercepat pulih sadar pasien dengan *general anestesi*.

Kata Kunci : *General Anestesi, Recovery Room, ROM, Waktu Pulih Sadar.*

ABSTRACT

THE EFFECT OF PASSIVE RANGE OF MOTION (ROM) EXERCISE ON THE RECOVERY TIME OF PATIENTS WITH GENERAL ANESTHESIA IN RECOVERY ROOM RSUD KOTA BANDUNG

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Delayed awakening from general anesthesia is one of the risk factor for morbidity and mortality in all surgery. Therefore, it is important to provide passive ROM as a preventive measure. The purpose of this study was to determine the effect of passive ROM exercise on the recovery time of patients with general anesthesia. This research method is quantitative with a research design of post-test only non-equivalent control group design and research sampling Non probability sampling with consecutiv sampling technique. This study used 2 groups, namely 18 control groups and 18 treatment groups. The results of passive ROM data collection were carried out 1x treatment for 8-10 minutes in the treatment group until the aldrette score > 9 and the length of time to recover consciousness was seen by counting using a stopwatch. The results obtained in the control group > 40 minutes as many as 17 people (94.4%) and the treatment group < 40 minutes as many as 16 people (88.9%). It is concluded that there is an effect of passive ROM training on recovery time with a p value of (0.000 <0.05). Researchers hope that further research can continue this research through the use of other interventions that can help speed up recovery of patients with general anesthesia.

Keywords: *General Anesthesia, Recovery Room, ROM, Recovery Time.*