

**EFEKTIVITAS ELEVASI KAKI 10° DAN 20° TERHADAP
TEKANAN DARAH PADA PASIEN PASCA SPINAL ANESTESI
DI *POST ANESTHESIA CARE UNIT* DI RSUD**

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ABSTRAK

Perubahan tekanan darah merupakan salah satu efek komplikasi yang sering terjadi pada pemberian anestesi spinal. Elevasi kaki merupakan pengaturan posisi dimana anggota gerak bagian bawah diatur pada posisi lebih tinggi dari pada jantung, sehingga penurunan tekanan darah dapat dicegah. Tujuan penelitian ini untuk mengetahui efektivitas pemberian elevasi kaki pada perubahan tekanan darah pasien pasca spinal anestesi. Jenis penelitian ini menggunakan penelitian kuantitatif dengan metode pre-eksperimental design menggunakan pendekatan one group pretest posttest design. Pada penelitian jumlah sampel sebanyak 40 responden, 20 responden dilakukan elevasi kaki 10° dan 20 responden dilakukan elevasi kaki 20°. Penelitian ini menggunakan instrumen lembar observasi, kemudian data diolah dengan analisis univariat dan analisis bivariat menggunakan uji paired sample t-test pada data pretest dan posttest diastolik pada elevasi kaki 10° dan 20° dengan hasil $0.000 < 0.05$ dan menggunakan uji wilcoxon rank test pada data pretest dan posttest sistolik pada elevasi kaki 10° mendapatkan hasil $0.018 < 0.05$, sementara pada pretest dan posttest diastolik elevasi kaki 20° didapatkan has bahwa $0.001 < 0.05$. Maka elevasi kaki 10° dan 20° kaki efektif terhadap perubahan sistolik dan diastolik. Saran bagi peneliti selanjutnya perlu dilakukannya penelitian yang mendalam mengenai derajat elevasi kaki untuk mengatasi masalah ketidakstabilan tekanan darah.

Kata Kunci: Spinal Anestesi; Elevasi Kaki; Tekanan Darah

**EFFECTIVENESS OF 10° AND 20° LEG ELEVATION ON BLOOD
PRESSURE IN PATIENTS AFTER SPINAL ANESTHESIA
BY POST ANESTHESIA CARE UNIT OF
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ABSTRACT

Changes in blood pressure are one of the complications that often occur in the administration of spinal anesthesia. Leg elevation is a position adjustment where the lower limbs are set in a higher position than the heart, so that a drop in blood pressure can be prevented. The purpose of this study is to determine the effectiveness of foot elevation on changes in blood pressure in patients after spinal anesthesia. This type of research uses quantitative research with a pre-experimental design method using the one group pretest posttest design approach. In the study, the number of samples was 40 respondents, 20 respondents were given a foot elevation of 10° and 20 respondents were given a foot elevation of 20°. This study used an observation sheet instrument, then the data was processed by univariate analysis and bivariate analysis using the paired sample t-test on the pretest and diastolic posttest data at the elevation of 10° and 20° feet with a result of $0.000 < 0.05$ and using the wilcoxon rank test on the pretest data and the systolic posttest at the elevation of 10° feet obtained a result of $0.018 < 0.05$. Meanwhile, in the diastolic pretest and posttest, the elevation of the foot of 20° was obtained that it was $0.001 < 0.05$. Therefore, the elevation of the feet of 10° and 20° feet is effective against systolic and diastolic changes. Suggestions for researchers are that in-depth research is needed on the degree of elevation of the legs to overcome the problem of blood pressure instability.

Keywords: Spinal Anesthesia; Foot Elevation; Blood Pressure