

GAMBARAN SUHU TUBUH PADA PASIEN PASCA *SECTIO CAESAREA (SC)* DENGAN SPINAL ANESTESI DI *RECOVERY ROOM* RSUD ARJAWINANGUN CIREBON

Luthfiyah Nurazizah

201FI03033

Fakultas Ilmu Kesehatan, Universitas Bhakti Kencana

Jl. Soekarno Hatta No.647, Cipadung Kidul, Panyileukan, Bandung, Jawa Barat,
40616

ABSTRAK

Hipotermi salah satu resiko yang paling sering terjadi di intra operasi, pada situasi ini suhu tubuh di bawah 35,9°C. Kejadian hipotermi pasca bedah *sectio caesarea* juga masih sering dijumpai di *recovery room*. Tujuan penelitian ini untuk mengetahui gambaran umum suhu tubuh pasien sebelum anestesi dan sesudah anestesi pada pasien *sectio caesarea* dengan menggunakan spinal anestesi di *recovery room* Rumah Sakit Arjawinangun Cirebon. Metode penelitian ini menggunakan kuantitatif dengan desain penelitian deskriptif. Teknik pengambilan sampling dalam penelitian ini menggunakan teknik *accidental sampling*, dengan jumlah 40 responden. Instrumen penelitian ini menggunakan lembar observasi untuk mengukur suhu tubuh pasien. Hasil pada penelitian ini didapatkan suhu tubuh pada pre anestesi yaitu sebagian besar responden dengan suhu tubuh normal yaitu sebanyak 38 orang (95,0%), suhu tubuh pada intra anestesi hampir seluruhnya memiliki suhu tubuh dibawah normal sebanyak 32 orang (80,0%) dan pasca anestesi sebagian pasien mengalami hipotermi sebanyak 18 orang (45,0). Diharapkan kepada instansi rumah sakit agar dapat menjaga kesehatan fisik ibu melahirkan dengan Tindakan *sectio casarea* khususnya suhu tubuh dengan cara memberikan double selimut dan pemberian cairan infus hangat.

Kata Kunci: Suhu Tubuh, *Sectio caesarea*, Spinal Anestesi

***DESCRIPTION OF BODY TEMPERATURE IN POST-SECTIO
CAESAREA (SC) PATIENTS WITH SPINAL ANESTHESIA IN
THE RECOVERY ROOM OF RSUD ARJAWINANGUN
CIREBON***

Luthfiyah Nurazizah

201FI03033

Faculty of Health Sciences, Bhakti Kencana University

Jl. Soekarno Hatta No.647, Cipadung Kidul, Panyileukan, Bandung, West Java,
40616

ABSTRACT

Hypothermia is one of the most common risks in intraoperative surgery, in this situation the body temperature is below 35.9°C. The incidence of hypothermia after sectio caesarean section is also often found in the recovery room. The purpose of this study is to find out the general picture of the patient's body temperature before and after anesthesia in sectio caesarean section patients using spinal anesthesia in the recovery room of Arjawinangun Hospital Cirebon. This research method uses quantitative with a descriptive research design. The sampling technique in this study uses an accidental sampling technique, with a total of 40 respondents. This research instrument uses an observation sheet to measure the patient's body temperature. The results of this study were obtained that the body temperature in pre-anesthesia was mostly the respondents with a normal body temperature of 38 people (95.0%), the body temperature in intra-anesthesia almost all had a body temperature below normal as many as 32 people (80.0%) and after anesthesia some patients experienced hypothermia as many as 18 people (45.0). It is hoped that hospital agencies can maintain the physical health of mothers who give birth with sectio casarea actions, especially body temperature by providing double blankets and giving warm infusion fluids.

Keywords: *Body Temperature, Sectio Caesarea, Spinal Anesthesia*