

ABSTRAK

HUBUNGAN HIPOTERMIA DENGAN WAKTU PULIH SADAR PASIEN PASCA GENERAL ANESTESI DI *RECOVERY ROOM* RSUD CIBABAT KOTA CIMAHI

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Anestesi umum ialah keadaan reversibel yang mengubah keadaan fisiologis tubuh yang merupakan salah satu penyebab terjadinya hipotermi. Kejadian hipotermi pada general anestesi masih banyak terjadi, hal ini memerlukan penanganan yang tepat untuk mencegah keterlambatan waktu pulih sadar. Dengan demikian dapat disimpulkan bahwa waktu pemulihan adalah suatu keadaan dimana waktu yang dibutuhkan pasien untuk kembali dari keadaan tidur ke keadaan sadar dengan fungsi fisiologis yang stabil dimulai dari saat anestesi dihentikan sampai pasien dinyatakan sembuh menggunakan pemulihan kriteria untuk menilai kesadaran. Penelitian ini untuk mengetahui hubungan hipotermi dengan waktu pulih sadar pasien pasca general anestesi. Desain penelitian yang digunakan yaitu penelitian korelasi-analitik pendekatan cross sectional. Jenis penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian korelasi atau hubungan. Pengambilan sample secara *purposive sampling* dengan jumlah sample 42 dengan kriteria inklusi dan eksklusi dan menggunakan uji *chi square*. Adanya kejadian hipotermi pada pasien yang menjalani operasi dengan general anestesi (62%). Responden yang menjalani operasi dengan tindakan general anestesi mengalami keterlambatan pulih sadar (62%) dari jumlah keseluruhan responden. Hasil uji didapatkan p-value sebesar 0,0000,005, dan nilai kontingensi 0,707 mendekati 1, artinya ada keeratan hubungan antara hipotermi dengan waktu pulih sadar pasien pasca general anestesi di *recovery room* RSUD Cibabat adalah tinggi/kuat. Ada hubungan antara hipotermi dengan waktu pulih sadar yaitu responden yang mengalami hipotermi akan mengalami keterlambatan pulih sadar.

Kata kunci: *hipotermi pasca anestesi, waktu pulih sadar, general anestesi.*

ABSTRACT

THE RELATIONSHIP BETWEEN HYPOTHERMIA AND THE TIME TO RECOVER CONSCIOUSNESS OF PATIENTS AFTER GENERAL ANESTHESIA IN THE RECOVERY ROOM OF RSUD CIBABAT CIMAHI CITY

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General anesthesia is a reversible condition that changes the physiological state of the body which is one of the causes of hypothermia. Hypothermia incidents during general anesthesia still occur frequently, this requires appropriate treatment to prevent delays in recovery time. Thus, it can be concluded that recovery time is a condition where the time required for a patient to return from a sleeping state to a conscious state with stable physiological function starts from the time the anesthetic drug is stopped until the patient is declared cured using recovery criteria to assess consciousness. This research aims to determine the relationship between hypothermia and the patient's recovery time after general anesthesia. The research design used is a cross-sectional correlation-analytic research approach. This type of research uses a quantitative approach with a correlation or relationship type of research. Taking samples randomly purposive sampling with a total sample of 42 with inclusion and exclusion criteria and using tests chi square. There was an incidence of hypothermia in patients undergoing surgery with general anesthesia (62%). Respondents who underwent surgery with general anesthesia experienced a delay in recovering from consciousness (62%) of the total number of respondents. The test results obtained a p-value of 0.0000.005, and the contingency value of 0.707 was close to 1, meaning that there was a close relationship between hypothermia and the patient's recovery time after general anesthesia in the recovery room at Cibabat Regional Hospital, which was high/strong. There is a relationship between hypothermia and the time to recover consciousness, namely that respondents who experience hypothermia will experience a delay in recovering consciousness.

Keywords: post-anesthesia hypothermia, recovery time, general anesthesia.