

**HUBUNGAN STATUS FISIK ASA DENGAN WAKTU PULIH
SADAR PADA PASIEN PASCA ANESTESI UMUM DI
RSUD R. SYAMSUDIN, SH KOTA SUKABUMI**

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ABSTRAK

Waktu pulih sadar dari anestesi umum merupakan proses yang diperlukan pasien untuk pulih dari obat anestesi atau tubuh kembali normal, dinilai setelah pembedahan selesai dan penghentian penggunaan agen inhalasi sampai pasien dipindahkan ke ruang pemulihan. Tujuan dalam penelitian ini adalah untuk mengetahui hubungan status fisik ASA dengan waktu pulih sadar pada pasien pasca anestesi umum di RSUD R. Syamsudin, S.H Kota Sukabumi. Penelitian ini menggunakan metode kuantitatif analitik dengan jenis penelitian observasional. Instrument yang digunakan lembar observasi dan *Aldrete Score*. Populasi pada penelitian ini yaitu pasien pasca anestesi umum dengan status fisik ASA II dan III di RSUD R. Syamsudin, S.H Kota Sukabumi berjumlah 60 pasien. Sampel berjumlah 52 responden dengan teknik pengambilan sampel *Purposive Sampling*. Hasil penelitian menunjukkan bahwa responden dengan status fisik ASA II dan III sebanyak 52 orang didapatkan waktu pulih sadar ≤ 15 menit sebanyak 25 orang (48.1%) dan > 15 menit sebanyak 27 orang (51.9%). Dilakukan uji analisa data *Chi Square* didapatkan nilai signifikan $p\text{-value} = 0.003$ atau nilai tersebut < 0.05 yang artinya jika H_a diterima dan H_o ditolak maka adanya hubungan antara status fisik ASA dengan waktu pulih sadar pada pasien pasca anestesi umum, yang mana semakin tinggi status fisik ASA pasien akan semakin lama waktu pulih sadar. Diharapkan bisa dijadikan masukan untuk lebih meningkatkan pelayanan anestesi mulai dari pra anestesi meliputi pengkajian kondisi pasien, persiapan pasien dan persiapan obat yang digunakan untuk mengantisipasi keterlambatan waktu pulih sadar pasien pasca anestesi umum.

Kata kunci: Anestesi Umum, Waktu Pulih Sadar, Status Fisik ASA.

**THE RELATIONSHIP BETWEEN PHYSICAL STATUS AND
RECOVERY TIME IN POST-GENERAL ANESTHESIA
PATIENTS AT
RSUD R. SYAMSUDIN, SH SUKABUMI CITY**

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ABSTRACT

Recovery time from general anesthesia is the process required for patients to recover from anesthetic drugs or return to normal, assessed after surgery is completed and the cessation of the use of inhalation agents until the patient is transferred to the recovery room. The purpose of this study was to determine the relationship between ASA physical status and time to recover consciousness in patients after general anesthesia at RSUD R. Syamsudin, S.H. Sukabumi City. This study used quantitative analytical methods with observational research. The instrument used was observation sheet and Aldrete Score. The population in this study were post-general anesthesia patients with ASA II and III physical status at RSUD R. Syamsudin, S.H Sukabumi City totaling 60 patients. The sample amounted to 52 respondents with purposive sampling technique. The results showed that 52 respondents with ASA II and III physical status were found to recover consciousness ≤ 15 minutes as many as 25 people (48.1%) and >15 minutes as many as 27 people (51.9%). Chi Square data analysis test was obtained a significant value of $p\text{-value} = 0.003$ or this value <0.05 , which means that if H_a is accepted and H_o is rejected, there is a relationship between ASA physical status and time to recover consciousness in patients after general anesthesia, where the higher the patient's ASA physical status, the longer the time to recover consciousness. It is hoped that it can be used as input to further improve anesthesia services starting from pre-anesthesia including assessment of patient conditions, patient preparation and preparation of drugs used to anticipate delays in the recovery time of patients after general anesthesia.

Keywords: *General Anesthesia, Recovery Time, ASA Physical Status.*