

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN
HIPOTENSI INTRA OPERASI PADA PASIEN MENGGUNAKAN
TEKNIK SPINAL ANESTESI DI RSUD AL-IHSAN PROVINSI
JAWA BARAT**

FAIZA DWI RAMADANIA

211FI03066

Program Studi Sarjana Terapan Keperawatan Anestesiologi, Fakultas Ilmu
Kesehatan, Universitas Bhakti Kencana

ABSTRAK

Anestesi spinal merupakan salah satu teknik Anestesi Regional yang sering digunakan, karena pelaksanaannya mudah dan efek yang cepat, teknik ini memiliki risiko komplikasi salah satunya hipotensi intra operatif, yang disebabkan oleh beberapa faktor yaitu usia, Indeks Massa Tubuh (IMT), cairan preloading, ketinggian blok, posisi pasien, durasi operasi, lokasi penusukan, penggunaan vasopressor, lama penyuntikan, manipulasi operasi, jenis obat operasi. Pada Bulan Januari 2025 didapatkan 351 (90%) dari 390 pasien yang menjalani anestesi spinal di RSUD Al-Ihsan mengalami kejadian hipotensi. Tujuan dari penelitian ini untuk mengetahui faktor-faktor yang berhubungan dengan kejadian Hipotensi intra operatif pada pasien yang menjalani spinal anestesi, dengan fokus pada tiga variabel yaitu usia, Indeks Massa Tubuh (IMT), dan cairan preloading. Penelitian ini telah mendapatkan persetujuan dari Komite Etik Penelitian Universitas Bhakti Kencana No. 092/09.KEPK/UBK/VI/2025. Metode penelitian dilakukan dengan desain analitik observasional dengan pendekatan *Cross-Sectional* menggunakan lembar observasi. Sampel dihitung menggunakan rumus *Slovin* 0,10 didapatkan 80 pasien dari 390 populasi yang menjalani Anestesi Spinal pada Bulan Maret-April 2025. Analisis data menggunakan uji *Chi-Square* untuk mengetahui hubungan antar variabel. Hasil analisis menunjukkan terdapat hubungan yang signifikan antara usia tua ($p = 0,003$), IMT kurus ($p = 0,002$), serta cairan preload $\leq 500\text{ml}$ ($p < 0,001$). Kesimpulan faktor usia, IMT, dan cairan preloading berhubungan dengan kejadian hipotensi pada pasien dengan Spinal Anestesi. Saran untuk Rumah Sakit khususnya penata anestesi di ruang IBS RSUD Al-Ihsan lebih meningkatkan penilaian awal terhadap faktor risiko seperti usia, IMT, dan jumlah cairan preload sebelum tindakan anestesi spinal agar mengurangi kejadian hipotensi intra operatif.

Kata Kunci: Anestesi Spinal, Hipotensi, Usia, Indeks Massa Tubuh, Preload cairan.

**FACTORS ASSOCIATED WITH THE INCIDENCE OF
INTRAOPERATIVE HYPOTENSION IN PATIENTS UNDERGOING
SPINAL ANESTHESIA AT AL-IHSAN REGIONAL GENERAL HOSPITAL
WEST JAVA PROVINCE**

**FAIZA DWI RAMADANIA
211FI03066**

*Bachelor of Applied Nursing Anesthesiology Study Program, Faculty of Health
Sciences, Bhakti Kencana University*

ABSTRACT

Spinal anesthesia is one of the most commonly used regional anesthesia techniques due to its simplicity and rapid onset. However, it carries the risk of intraoperative complications, one of which is hypotension. Several factors contribute to this condition, including age, Body Mass Index (BMI), preloading fluids, block height, patient positioning, duration of surgery, puncture location, use of vasopressors, injection duration, surgical manipulation, and type of anesthetic drugs. In January 2025, 351 out of 390 patients (90%) who underwent spinal anesthesia at Al-Ihsan General Hospital experienced intraoperative hypotension. This study aims to identify factors associated with the occurrence of intraoperative hypotension in patients undergoing spinal anesthesia, focusing on three variables: age, Body Mass Index (BMI), and preloading fluids. The study was approved by the Ethics Committee of Bhakti Kencana University under approval number 092/09.KEPK/UBK/VI/2025. An observational analytic research design with a cross-sectional approach was used, and data were collected using observation sheets. The sample size was calculated using the Slovin formula with a margin of error of 0.10, resulting in 80 patients out of a total population of 390 who underwent spinal anesthesia between March and April 2025. Data analysis was conducted using the Chi-Square test to examine the relationships between variables. The results showed a significant relationship between advanced age ($p = 0.003$), underweight BMI ($p = 0.002$), and preloading fluids ≤ 500 ml ($p < 0.001$) with the incidence of hypotension. In conclusion, age, BMI, and preloading fluid volume are significantly associated with the occurrence of hypotension in patients undergoing spinal anesthesia. It is recommended that hospitals, particularly anesthesia personnel in the operating room at Al-Ihsan General Hospital, improve pre-anesthetic assessments focusing on these risk factors to reduce the incidence of intraoperative hypotension.

Keywords: *Spinal Anesthesia, hypotension, age, body mass index, preload fluid.*