

**HUBUNGAN DURASI PUASA PRAANESTESI DENGAN KEJADIAN
PERUBAHAN HEMODINAMIK PADA PASIEN OPERASI
ELEKTIF DENGAN ANESTESI UMUM
DI RSUD BAYU ASIH PURWAKARTA**

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ABSTRAK

Puasa praanestesi merupakan langkah penting sebelum menjalani prosedur anestesi umum, yang bertujuan untuk mencegah risiko aspirasi paru akibat regurgitasi isi lambung selama operasi. Namun, durasi puasa yang terlalu lama, terutama akibat keterlambatan waktu operasi karena keterbatasan ruang operasi, dapat menyebabkan dehidrasi dan penurunan volume intravaskular. Kondisi ini berisiko menyebabkan perubahan status hemodinamik, yang pada gilirannya dapat meningkatkan komplikasi selama maupun setelah prosedur anestesi. Penelitian ini bertujuan untuk mengetahui hubungan antara durasi puasa praanestesi dengan kejadian perubahan hemodinamik pada pasien yang menjalani operasi elektif dengan anestesi umum di RSUD Bayu Asih Purwakarta. Penelitian ini merupakan studi kuantitatif dengan desain analitik observasional dan pendekatan cross sectional. Sampel sebanyak 68 responden dipilih dari populasi 216 pasien menggunakan rumus *Slovin* dan teknik *purposive sampling*. Data dianalisis secara univariat dan bivariat menggunakan uji normalitas Kolmogorov-Smirnov dan uji mean untuk melihat rata-rata, serta uji Spearman rho untuk melihat hubungan antara durasi puasa dan perubahan status hemodinamik. Hasil penelitian menunjukkan bahwa 50% responden yang menjalani puasa lebih dari 8 jam mengalami perubahan hemodinamik. Uji hipotesis menunjukkan terdapat hubungan yang signifikan antara durasi puasa dengan perubahan hemodinamik pada fase pra anestesi dan intra anestesi ($p < 0,05$), namun tidak terdapat hubungan yang signifikan pada fase pasca anestesi ($p > 0,05$). Berdasarkan temuan tersebut, disarankan agar rumah sakit melakukan evaluasi dan pemantauan terhadap penerapan protokol puasa praanestesi secara lebih optimal untuk meminimalkan risiko komplikasi hemodinamik selama prosedur anestesi berlangsung.

Kata Kunci: Anestesi umum, puasa, Hemodinamik, Durasi Puasa, Tekanan Darah

***The Relationship Between the Duration of Pre Anesthesia
Fasting and the Occurrence of Hemodynamic Changes in Patients Undergoing
ELECTION SURGERY WITH GENERAL ANESTHESIA AT
BAYU ASIH HOSPITAL, PURWAKARTA***

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ABSTRACT

Pre-anesthetic fasting is a crucial step before undergoing general anesthesia procedures, aimed at preventing the risk of pulmonary aspiration due to regurgitation of gastric contents during surgery. However, excessive fasting, especially due to delayed surgery due to limited operating room space, can lead to dehydration and decreased intravascular volume. These conditions pose a risk of altering hemodynamic status, which in turn can increase complications during and after the anesthetic procedure. This study aimed to determine the relationship between the duration of pre-anesthetic fasting and the incidence of hemodynamic changes in patients undergoing elective surgery under general anesthesia at Bayu Asih Regional Hospital, Purwakarta. This was a quantitative study with an observational analytical design and a cross-sectional approach. A sample of 68 respondents was selected from a population of 216 patients using the Slovin formula and purposive sampling technique. Data were analyzed univariately and bivariate using the Kolmogorov-Smirnov normality test and the mean test to determine the average, as well as the Spearman rho test to determine the relationship between fasting duration and changes in hemodynamic status. The results showed that 50% of respondents who fasted for more than 8 hours experienced hemodynamic changes. Hypothesis testing showed a significant relationship between fasting duration and hemodynamic changes in the pre-anesthesia and intra-anesthesia phases ($p < 0.05$), but no significant relationship was found in the post-anesthesia phase ($p > 0.05$). Based on these findings, it is recommended that hospitals conduct more optimal evaluation and monitoring of the implementation of pre-anesthesia fasting protocols to minimize the risk of hemodynamic complications during anesthetic procedures.

Keywords: *General anesthesia, fasting, hemodynamics, fasting duration, blood pressure*