

**HUBUNGAN DURASI TINDAKAN OPERASI TERHADAP KEJADIAN
SHIVERING PADA PASIEN PEMBEDAHAN POST SPINAL ANESTESI
DI RUANG IBS RSUD DR SOEKARDJO KOTA TASIKMALAYA**

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ABSTRAK

Latar Belakang: Anestesi spinal adalah tindakan anestesi yang dilakukan dengan cara menyuntikan obat anestesi lokal ke cairan *serebrospinal*, untuk menghentikan transmisi saraf motorik, sensorik, dan otonom di tingkat *medulla spinalis* yang bersifat *reversible*. Namun salah satu komplikasi umum dan tidak menyenangkan dari pasca spinal anestesi adalah *Post Anesthetic Shivering* (PAS). **Tujuan:** Mengetahui hubungan durasi tindakan operasi terhadap kejadian *shivering* pada pasien pembedahan post spinal anestesi. **Metode:** Penelitian ini menggunakan desain penelitian *deskriptif korelasional* dengan pendekatan *cross-sectional*. Sampel penelitian ini melibatkan pasien pembedahan dengan spinal anestesi berjumlah 43 responden. Pengambilan sampel pada penelitian ini dengan menggunakan *non probability sampling* dengan teknik pengambilan sampel *Consecutive sampling*. Pengambilan sampel dilakukan pada bulan April 2021. Alat pengumpulan data menggunakan rekam medis dan lembar observasi. **Hasil:** Durasi lama operasi di Kamar Operasi RSUD dr. Soekardjo, sebagian besar responden merupakan kelompok operasi sedang (60-120 menit) sebanyak 29 responden (67.4%). Sebagian besar responden mengalami derajat *shivering* ke-2 sebanyak 18 responden (41.9%). Hasil uji statistik menggunakan *spearman' rho* dengan level signifikansi ($\alpha = 0,05$) diperoleh hasil *p-value* ($0,02 \leq 0,05$) maka H_a diterima. **Kesimpulan** Petugas kesehatan diharapkan dapat memberikan intervensi dalam pencegahan kejadian PAS dengan cara pemberian obat, selimut hangat, lampu penghangat saat intra hingga post operasi.

Kata Kunci: Durasi Operasi, *Shivering*, Post Spinal Anestesi

**THE CORRELATION BETWEEN DURATION OF SURGERY AND
SHIVERING INCIDENCE ON POST SPINAL ANESTHESIA PATIENTS
IN THE IBS ROOM DR. SOEKARDJO REGIONAL HOSPITAL
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ABSTRACT

Background: Spinal anesthesia is an anesthetic action performed by injecting a local anesthetic drug into cerebrospinal fluid to stop the transmission of motor, sensory, and autonomic nerves at medulla spinalis which is reversible. However, one of the common and unpleasant complications of post spinal anesthesia is Post Anesthetic Shivering (PAS).

Purpose: To determine the correlation between duration of surgery and shivering incidence on post spinal anesthesia patients. **Method:** The study used descriptive correlational study with cross sectional approach. The samples of this study were 43 post spinal anesthesia patients. The samples were taken by using non probability sampling with consecutive sampling technique. The samples were collected in April 2021. The instruments used in this study were medical record and observation sheet. **Findings:** The duration of surgery in operating room of dr. Soekardjo Hospital, it showed that 29 respondents (67.4%) were categorized as moderate surgery (60- 120 minutes), most of the respondents such as 18 respondents (41.9%) felt shivering level 2. The result of Spearman rho test showed that H_a was accepted ($\alpha = 0,05$) and p-value ($0,02 \leq 0,05$). **Conclusion:** The health workers are expected to give intervention in preventing PAS incidence by giving medicine, warm blanket, and warm lamp during intra until post-operative.

Keywords: Duration of surgery, Shivering, Post spinal anesthesia