

ABSTRAK

Komplikasi pascaoperasi yang paling banyak adalah hipotermi. Suhu tubuh turun sampai hipotermi pengaruh anastesi yang berefek pada sistem termoregulasi. Pentingnya intervensi meningkatkan suhu tubuh dalam pencegahan dampak hipotermi. Tujuan penelitian mengetahui efektifitas pemberian *Warm Touch* dan *Warmer Blanket* terhadap suhu tubuh pasien hipotermi.

Desain penelitian berupa *quasi eksperimen* dengan *two group pretest posttest design*. Populasi sebanyak 70 orang. Sampel masing-masing kelompok sebanyak 18 orang, teknik sampel yaitu *consecutive sampling*. Intervensi berupa *warm touch* dan *warmer blanket*. Pengumpulan data menggunakan lembar observasi. analisis bivariat berupa uji Wilcoxon dan uji Mann Whitney.

Hasil penelitian sebelum *warm touch* seluruhnya hipotermi 18 orang (100%) dan setelah *warm touch* sebagian besar normal 17 orang (94,4%). Sebelum *warmer blanket* seluruhnya hipotermi 18 orang (100%) dan setelah *warmer blanket* sebagian besar normal 16 orang (88,9%). Ada perbedaan suhu tubuh sebelum dan setelah *warm touch*. ($p\text{-value } 0,000 < 0,05$). Ada perbedaan suhu tubuh sebelum dan setelah *warmer blanket* ($p\text{-value } 0,000 < 0,05$). Tidak ada perbedaan pemberian *warm touch* dan *warmer blanket* terhadap suhu tubuh. Sehingga dikatakan bahwa *warm touch* dan *warmer blanket* sama-sama efektif meningkatkan suhu tubuh ($p\text{-value } 0,198 > 0,05$).

Mekanisme peningkatan suhu tubuh menggunakan *warm touch* dan *warmer blanket* yaitu merangsang reseptor suhu kulit dengan rangsangan suhu hangat di bawa melalui aliran darah ke pusat pengaturan suhu di otak yaitu medula oblongata sehingga *set point* suhu meningkat dan meningkatkan metabolisme tubuh yang akhirnya suhu tubuh meningkat. Saran bagi rumah sakit bisa menjadikan *warm touch* dan *warmer blanket* sebagai standar operasional prosedur dalam menangani masalah hipotermi.

Kata kunci : Hipotermi, *Warm Touch*, *Warmer Blanket*

Sumber : 22 Buku (tahun 2016-2019)

13 Jurnal (tahun 2016-2020)

ABSTRACT

The most common postoperative complication is hypothermia. Body temperature drops to hypothermia due to anesthetic effects which affect the thermoregulatory system. The importance of intervention in increasing body temperature in preventing the effects of hypothermia such as decreased heart rate, tachypnea, bradypnea and decreased level of consciousness. The purpose of the study was to determine the effectiveness of giving Warm Touch and Warmer Blanket to the body temperature of hypothermic patients in the Recovery Room of the Bandung City Hospital.

The research design was a quasi-experimental with an experimental group and a control group. The population is 70 people. The sample of each group is 18 people with a sample technique that is consecutive sampling. The intervention carried out was in the form of giving a warm touch and a warmer blanket. Collecting data using observation sheets. bivariate analysis in the form of Wilcoxon test and Mann Whitney test.

The results of the study before the warm touch were entirely hypothermic as many as 18 people (100%) and after the warm touch most of them were normal as many as 17 people (94.4%). Before the warmer blanket, all 18 people were hypothermic (100%) and after the warmer blanket, most of them were normal as many as 16 people (88.9%). There is a difference in body temperature before and after a warm touch. ($p\text{-value } 0.000 < 0.05$). There was a difference in body temperature before and after the warmer blanket ($p\text{-value } 0.000 < 0.05$). There is no significant difference between giving warm touch and warmer blanket to body temperature. So it can be said that the warm touch and warmer blanket interventions are equally effective in increasing body temperature ($p\text{-value } 0.198 > 0.05$).

The mechanism of increasing body temperature using warm touch and warmer blankets can stimulate skin temperature receptors with warm temperature stimulation carried through the blood stream to the temperature regulation center in the brain, namely the medulla oblongata so that the temperature set point increases and increases body metabolism which ultimately increases body temperature. Suggestions for hospitals can make warm touch and warmer blankets as standard operating procedures in dealing with hypothermia problems.

Keywords : Hypothermia, Warm Touch, Warmer Blanket
Source : 22 Books (2016-2019)
13 Journals (2016-2020)