

ABSTRAK

GAMBARAN KEJADIAN SKALA NYERI PADA KASUS PASCA ANESTESI SPINAL YANG MENGALAMI *POST DURAL PUNCTURE HEADACHE* (PDPH) DI RSUD DR. SLAMET GARUT

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Post Dural Puncture Headache (PDPH) merupakan kondisi yang ditandai oleh kebocoran cairan cerebrospinal melalui lubang yang diakibatkan oleh punksi lumbar, seringkali diiringi oleh rigiditas pada area leher dan/atau gangguan pada kemampuan mendengar. Penelitian ini bertujuan untuk mengetahui gambaran kejadian skala nyeri pada kasus pasca anestesi spinal yang mengalami PDPH. Metode penelitian ini adalah kuantitatif deskriptif dengan rancangan *crosssectional study*. Populasi dan sampel penelitian ini adalah seluruh pasien pasca anestesi spinal yang mengalami PDPH sebanyak 61 orang dengan teknik total sampling. Hasil penelitian menggambarkan karakteristik responden dari jenis kelamin laki-laki sebanyak 50,8% dan perempuan sebanyak 49,2% . Mayoritas pasien yang mengalami PDPH terjadi pada umur 30-39 (44,3%) dengan mayoritas skala nyeri ringan 47,5%, dan mayoritas dapat melakukan mobilisasi duduk 12-24 jam sebanyak 70,5%. Tingginya angka kejadian komplikasi yang dialami oleh pasien pasca anestesi dapat dianggap sebagai alarm dan pentingnya memanfaatkan keterampilan atau peralatan pemantauan di unit ini.

Kata Kunci: Anestesi spinal, mobilisasi duduk, *Post Dural Puncture Headache* (PDPH), skala nyeri

ABSTRACT

DESCRIPTION OF PAIN SCALE EVENTS IN CASES OF POST-SPINAL ANESTHESIA WHO EXPERIENCE POST DURAL PUNCTURE HEADACHE (PDPH) AT DR. SLAMET GARUT HOSPITAL

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Post Dural Puncture Headache (PDPH) is a condition characterized by leakage of cerebrospinal fluid through the hole caused by lumbar puncture, often accompanied by rigidity in the neck area and/or impaired hearing. This study aims to determine the picture of pain scale events in cases of post-spinal anesthesia who experience PDPH. This research method is quantitative descriptive with a cross-sectional study plan. The population and sample of this study were all patients after spinal anesthesia who experienced PDPH as many as 61 people with total sampling technique. The results described the characteristics of respondents from the male sex as much as 50.8% and female as much as 49.2%. The majority of patients with PDPH occurred at the age of 30-39 (44.3%) with the majority of mild pain scales of 47.5%, and the majority were able to mobilize sitting 12-24 hours as much as 70.5%. The high incidence of complications experienced by post-anesthesia patients can be considered an alarm and the importance of utilizing monitoring skills or equipment in this unit.

Keywords: *Spinal anesthesia, sitting mobilization, Post Dural Puncture Headache (PDPH), pain scale*