

**Pengaruh Infus Hangat Terhadap Kejadian Hipotermi Pasca Anestesi Spinal Pada
Pasien Yang Dilakukan Tindakan Laparatomi Eksplorasi Di Ruang
Pemulihan Rsud R. Syamsudin SH Kota Sukabumi**

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ABSTRAK

Tindakan anestesi spinal terjadinya blok pada sistem simpatis sehingga terjadi vasodilatasi yang mengakibatkan perpindahan panas dari kompartemen sentral ke perifer hal ini menyebabkan Hipotermi. Hipotermi apabila tidak tertangani akan menyebabkan gangguan irama jantung, takipnea, pendarahan dan juga syok. Selain itu terdapat efek samping lain termasuk peningkatan tingkat infeksi, peningkatan kehilangan darah, penyembuhan luka yang tertunda dan peningkatan masa inap di rumah sakit. Untuk mengetahui pengaruh suhu pasien yang diberikan sebelum dan sesudah diberikan infus hangat sebagai pencegahan terjadinya hipotermi pasca anestesi tulang belakang pada pasien yang dilakukan tindakan laparatomi eksplorasi (LE). Teknik pengambilan sampel dengan non-probability sampling dengan purposive sampling dengan populasi 85 pasien dan sampel 31 responden. Desain penelitian ini adalah eksperimental dengan pra-eksperimen. Rancangan penelitian ini one group pretest-posttest design untuk membandingkan hasil sebelum dan sesudah pemberian infus hangat. Frekuensi (n) pra-test dan post-test sebanyak 31. Rata-rata suhu pada pra-test adalah 33,39°C Sedangkan rata-rata suhu post-test adalah 35,55°C. Menggunakan Uji berpasangan T-Test diperoleh hasil nilai standar deviasi di suhu pra-test 1,160 dan standar deviasi di suhu post-test 0,416 kemudian nilai t hitung -12390 dan p value 0,000 Nilai Alpa 0,05 Artinya ada pengaruh pemberian infus hangat terhadap peningkatan suhu tubuh pasca anestesi. Dalam suhu pra-test terhadap suhu post-test ini diperoleh hasil bahwa Pemberian Infus hangat memberikan pengaruh positif dalam mencegah atau mengurangi hipotermi pada pasien pasca operasi. Hal ini menunjukkan bahwa pasien yang menerima infus hangat memiliki suhu tubuh yang lebih tinggi dan cenderung normal pada periode pasca operasi dibandingkan pasien sebelum diberikan infus hangat yang cenderung mengalami hipotermi.

Kata Kunci : Hipotermi, Infus Hangat, Pasca Anestesi Spinal, Laparatomi Eksplorasi.

**The Effect of Warm Infusion on the Incident of Hypothermia After Spinal
Anesthesia in Patients Undergoing Exploratory Laparotomy Procedures in the
Room Recovery of R. Syamsudin SH Hospital, Sukabumi**

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ABSTRACT

The action of spinal anesthesia causes a block in the sympathetic system so that vasodilation occurs which results in heat transfer from the central compartment to the periphery, this causes hypothermy. Hypothermia, when left untreated, will cause heart rhythm disturbances, tachypnea, bleeding and even shock. In addition, there are other side effects including increased infection rates, increased blood loss, delayed wound healing and increased hospital stays. To determine the effect of patient temperature given before and after being given warm infusion as a prevention of hypothermia after spinal anesthesia in patients who underwent exploratory laparotomy (LE). The sampling technique was non-probability sampling with purposive sampling with a population of 85 patients and a sample of 31 respondents. The design of this study is experimental with pre-experimental. The design of this study was a one-group pretest-posttest design to compare the results before and after the administration of warm infusion. The frequency (n) of pre-test and post-test was 31. The average temperature in the pre-test was 33.39°C while the average temperature of the post-test was 35.55°C. Using the T-Test pair test, the results of the standard deviation value at the pre-test temperature of 1.160 and the standard deviation at the post-test temperature were 0.416, then the t-value was -12390 and the p value was 0.000, and the alpa value was 0.05, which means that there was an effect of giving a warm infusion on the increase in body temperature after anesthesia. In the pre-test temperature against the post-test temperature, the results were obtained that the administration of warm infusion had a positive effect on preventing or reducing hypothermia in postoperative patients. This suggests that patients who receive warm infusions have higher body temperatures and tend to be normal in the postoperative period than patients before receiving warm infusions who tend to undergo hypothermy.

Keywords : hypothermy, warm infusion, post spinal anesthesia, laparotomy exploration.