

## INTISARI

### FAKTOR – FAKTOR YANG MEMPENGARUHI TERJADINYA HIPOTERMIA PADA PASIEN *POST SC* DI RUANG RR RSUI KUSTATI SURAKARTA

Tutik Handayani<sup>1)</sup>, Fajar Alam Putra<sup>2)</sup>, Anik Suwarni<sup>2)</sup>

Email : [tutik.icu82@gmail.com](mailto:tutik.icu82@gmail.com)

**Latar belakang:** Hipotermia sering terjadi di ruang pulih sadar sebagai akibat dari suhu yang rendah di ruang operasi, pengaruh dari jenis anestesi yang digunakan, serta lama waktu operasi *Section Caesarea* (SC). Dampak negatif akibat hipotermia seperti risiko tinggi perdarahan meningkat, peningkatan nyeri, iskemia miokardium, gangguan penyembuhan dan meningkatkan ketidaknyamanan pada pasien post SC.

**Tujuan penelitian:** Mengetahui faktor suhu ruang pemulihan kamar operasi, jenis anestesi, dan lama operasi yang mempengaruhi terjadinya Hipotermia pada pasien *post SC* di Ruang RR RSUI Kustati Surakarta.

**Metode penelitian:** Metode penelitian *deskriptif kuantitatif*, pendekatan menggunakan *cross sectional*. Sampel 31 pasien post - SC. Teknik pengambilan sampel menggunakan *purposive sampling*. Instrumen penelitian menggunakan *thermometer gun digital*, instrumen lembar pencatatan jenis anestesi dan lama operasi. Analisis data menggunakan uji *Independent t test*, *Chi Square* dan uji regresi berganda.

**Hasil penelitian :** Suhu di RR Kamar operasi sebesar 21,64<sup>0</sup>C, 83,9% responden diberi anestesi spinal, 71% responden dalam menjalani operasi SC waktu < 1 jam, 67,7% responden mengalami hipotermi kategori ringan. Hasil analisis bivariat dengan *independent sample t test* suhu RR kamar operasi terhadap Hipotermi didapat nilai *p-value* = 0,001 ( $p < 0,05$ ). Hasil analisa bivariate dengan *chi square* jenis anestesi terhadap hipotermi dengan nilai *p-value* = 0,686 ( $p > 0,05$ ). Hasil analisa bivariate dengan *chi square* lama operasi terhadap hipotermia dengan nilai *p-value* = 0,001 ( $p < 0,05$ ). Hasil analisis regresi berganda diperoleh dengan nilai *p-value* = 0,001.

**Simpulan :** Ada pengaruh suhu RR kamar operasi dan lama operasi terhadap hipotermia pasien *post SC*. Tidak ada pengaruh jenis anestesi terhadap hipotermia pasien *post SC*. Suhu RR kamar operasi merupakan faktor paling dominan mempengaruhi hipotermi pada pasien post SC.

**Kata kunci :** Hipotermia, post operasi SC suhu RR kamar operasi, jenis anestesi, lama operasi.

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1) Mahasiswa Program Studi Keperawatan Universitas Sahid Surakarta  
2) Dosen Program Studi Keperawatan Universitas Sahid Surakarta

## ABSTRACT

### FACTORS OF HYPOTHERMIC IN POST CAESAREAN SECTION PATIENTS IN THE RR ROOM OF KUSTATI RSUI SURAKARTA

Tutik Handayani<sup>1)</sup>, Fajar Alam Putra<sup>2)</sup>, Anik Suwarni<sup>2)</sup>

Email : [tutik.icu82@gmail.com](mailto:tutik.icu82@gmail.com)

**Background:** Hypothermia often occurs in the recovery room due to the low temperature in the operating room, the influence of the type of anesthesia used, and the length of time for Caesarean section (SC) operations. The negative effects of hypothermia such as a high risk of increased bleeding, increased pain, myocardial ischemia, impaired healing, and increased discomfort in post-SC patients.

**Objectives:** To determine the temperature of the operating recovery room, the type of anesthesia, and the duration of the operation that affects the hypothermia in post-SC patients in the RR room of RSUI Kustati Surakarta.

**Method:** Descriptive quantitative research method with a cross sectional approach. The sample is 31 post-SC patients. The sampling technique was purposive sampling. The research instrument used a digital thermometer gun, an instrument for recording the type of anesthesia and the duration of the operation. Data analysis used the Independent t test, Chi Square, and multiple regression test.

**Results:** The temperature in the operating room RR was 21.64<sup>0</sup>C, 83.9% of respondents were given spinal anesthesia, 71% of respondents underwent SC surgery for less than 1 hour, 67.7% of respondents experienced mild hypothermia. The bivariate analysis results with independent sample t test temperature RR operating room against hypothermia obtained p-value = 0.001 (p <0.05). The bivariate analysis results with chi square type of anesthesia for hypothermia with p-value = 0.686 (p >0.05). The bivariate analysis results with chi square length of operation against hypothermia with p-value = 0.001 (p <0.05). The results of multiple regression analysis were obtained with p-value = 0.001.

**Conclusion:** There is an effect of operating room RR temperature and operating time on hypothermia in post SC patients. There is no effect of type of anesthesia on hypothermia in post-SC patients. RR operating room temperature is the dominant factor influencing hypothermia in post SC patients.

**Keywords:** Hypothermia, Postoperative SC, Operating Room RR Temperature, Type of Anesthesia, Duration of Operation.

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1. Students of Nursing department of Sahid Surakarta University
  2. Lecturer of Nursing department of Sahid Surakarta University

