

EFEKTIVITAS POSISI *SEMI FOWLER* 30° DAN 45° TERHADAP TINGKAT SATURASI OKSIGEN PADA PASIEN COVID-19 DI RUANG ISOLASI RSUI KUSTATI SURAKARTA

Nur Wahyuningsih¹⁾, Widiyono²⁾, Fajar Alam Putra³⁾

Intisari

Latar belakang: Merebaknya virus baru yaitu *Coronavirus* jenis baru *Severe Acute Respiratory Syndrome Coronavirus-2* (SARS-CoV-2) dan penyakitnya disebut *Coronavirus Disease-2019* (COVID-19), 65 negara yang telah terjangkit virus satu ini. Terjadinya penurunan kadar saturasi oksigen dalam darah adalah salah satu manifestasi klinis yang berat pada pasien COVID-19. Upaya untuk meningkatkan saturasi oksigen dalam darah memerlukan tindakan yang efektif yang bisa dilakukan yaitu dengan pemberian posisi *semi fowler* 30° dan 45°. Posisi *semi fowler* membuat oksigen didalam paru-paru semakin meningkat dan posisi ini akan mengurangi kerusakan *membrane alveolus* akibat tertimbunnya cairan, karena dipengaruhi oleh gaya gravitasi sehingga transport oksigen menjadi optimal.

Tujuan: Mengetahui Efektivitas Posisi *Semi Fowler* 30° dan 45° terhadap Tingkat Saturasi Oksigen pada Pasien COVID-19 Di Ruang Isolasi RSUI Kustati Surakarta.

Metode: Jenis penelitian yang digunakan adalah *Eksperimental* dengan pendekatan desain *Two group pretest-posttest design*. Sampel sebanyak 32 penderita COVID-19. Teknik pengambilan sampel menggunakan *purposive sampling*. Instrumen pengukuran Lembar Obsevasi untuk menilai saturasi oksigen dalam darah sebelum dan setelah pemberian posisi *semi fowler* 30° dan 45°, di dukung dengan *Standart Operasional Prosedur* (SOP) dengan alat *Oxymetri (Elitech)*.

Hasil Penelitian: Sebanyak 16 responden pemberian posisi *semi fowler* 30° (14.09) mengalami peningkatan saturasi oksigen dalam darah, 16 responden pemberian posisi *semi fowler* 45° (18.91) mengalami peningkatan saturasi oksigen dalam darah. Hasil Uji *Mann Whitney Test* diperoleh nilai selisih: 4.82 dengan *p-value*: 0.109 yaitu hasil posisi *semi fowler* 45° lebih efektif dibandingkan dengan posisi *semi fowler* 30° dan Hasil Uji *Cohen d test* didapatkan hasil nilai 0.59 ini menunjukkan bahwa besarnya pengaruh efektivitas *semi fowler* 30° dan 45° kategori sedang.

Kesimpulan: Ada keefektifan posisi *semi fowler* 30° dan 45° terhadap tingkat saturasi oksigen pada pasien COVID-19 di RSUI Kustati Surakarta.

Kata kunci: Posisi *semi fowler* 30° dan 45°, Tingkat saturasi oksigen, COVID-19

1) Mahasiswa Program Studi Keperawatan Universitas Sahid Surakarta

2) Dosen Program Studi Keperawatan Universitas Sahid Surakarta

ABSTRACT

THE EFFECTIVENESS OF SEMI FOWLER POSITION 30° AND 45° TOWARD OXYGEN SATURATION LEVEL IN COVID-19 PATIENTS IN THE ISOLATION ROOM OF RSUI KUSTATI SURAKARTA

Nur Wahyuningsih¹⁾, Widiyono²⁾, Fajar Alam Putra³⁾

Introduction: A new type of coronavirus, namely Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2) and the disease called Coronavirus Disease- 2019 (COVID-19) has infected 65 countries. A decrease in oxygen saturation levels in the blood is one of the severe clinical manifestations in COVID-19 patients. Efforts to increase oxygen saturation in the blood require effective measures, namely by giving a semi-Fowler position of 30° and 45°. Semi-Fowler's position makes oxygen in the lungs increase and this position will reduce damage to the alveolar membrane due to the accumulation of fluid. Since it is influenced by the force of gravity so that oxygen transport becomes optimal.

Objective: To determine the effectiveness of the 30° and 45° Semi Fowler's position on the level of oxygen saturation in COVID-19 patients in the Isolation Room of RSUI Kustati Surakarta.

Methods: This research is experimental with a two group pretest-posttest design approach. A sample of 32 patients with COVID-19. The sampling technique used purposive sampling. The measurement instrument observation sheet is used to assess oxygen saturation in the blood before and after giving the 30° and 45° semi-Fowler positions involving Standard Operating Procedures (SOP) with Oxymetry (Elitech) tools.

Results: A total of 16 respondents who were given a 30° semi-fowler position (14.09) experienced an increase in blood oxygen saturation, and 16 respondents who were given a 45° semi-fowler position (18.91) experienced an increase in blood oxygen saturation. The results of the Mann Whitney Test show a different value of 4.82 with p-value of 0.109. The results of the 45° semi fowler position are more effective than the 30° semi fowler position. The Cohen d test results obtained the value of 0.59. This shows that the effect of the semi-fowler's effectiveness is 30° and 45° in the medium category.

Conclusion: There is the effectiveness of 30° and 45° semi fowler positions on oxygen saturation levels in COVID-19 patients at RSUI Kustati Surakarta.

Keywords: Semi-Fowler's Position 30° and 45°, Oxygen Saturation Level, COVID-19

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