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**PENGARUH ROM PASIF EKSTREMITAS TERHADAP
WAKTU PULIH SADAR PADA PASIEN POST OPERASI
DENGAN ANESTESI UMUM DI RSUD Dr. H. ABDUL MOELOEK
PROVINSI LAMPUNG**

xix + 69 halaman, 12 tabel, 3 gambar, 14 lampiran

ABSTRAK

Data *World Health Organization* (WHO) dalam Sartika (2013), jumlah pasien tindakan operasi bedah tahun 2011 140 juta jiwa, tahun 2012 148 juta jiwa. Kematian di Amerika rata-rata 0,2-0,6% dari operasi, disebabkan oleh anestesi 0,03-0,1% . Sekitar 90% pasien kembali sadar penuh dalam 15 menit. Jika tidak sadar berlangsung >15 menit maka dianggap prolong (pulih sadar tertunda). Pasien mengalami waktu pulih sadar tertunda akan meningkatkan obstruksi jalan nafas, hipoksia, aspirasi, hiperkarbia. Tujuan penelitian ini mengidentifikasi pengaruh ROM Pasif Ekstremitas terhadap waktu pulih sadar pada pasien *post* operasi dengan anestesi umum di RSUD Dr. H. Abdul Moeloek Provinsi Lampung. Desain penelitian *quasy experiment* dengan rancangan penelitian *non equivalent control group design*. Populasi dalam penelitian ini adalah 30 responden dengan *post* operasi. Waktu mulai penelitian mulai 10 Maret – 10 April 2020 di ruang *recovery room* RSUD Dr. H. Abdul Moeloek Provinsi Lampung. Hasil penelitian terdapat perbedaan rata-rata waktu pulih sadar kelompok kontrol adalah 14 menit 27 detik dan kelompok intervensi 9 menit 40 detik. Hasil uji statistik didapatkan *p value* $0,001 < \alpha$ (0,05), disimpulkan ada pengaruh ROM pasif ekstremitas terhadap waktu pulih sadar pada pasien *post* operasi dengan anestesi umum di RSUD Dr. H. Abdul Moeloek Provinsi Lampung. Saran ROM pasif ekstremitas dapat dijadikan sebagai terapi nonfarmakologi untuk manajemen waktu pulih sadar tertunda dalam pemberian asuhan keperawatan

Kata kunci : ROM Pasif Ekstremitas, *Post* Operasi, Waktu Pulih Sadar
Daftar Bacaan : 27 (2008-2018)

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**THE INFLUENCE OF PASSIVE EXTREMITY ROM OF RECOVERED
TIME ON PATIENT POST OPERATIONS WITH GENERAL
ANESTHESIA**

xix + 66 pages, 12 tables, 3 drawings, 14 attachments

ABSTRAK

According to data acquired from World Health Organization (WHO) in Sartika (2013), there were 140 million surgical in 2011 and 148 million surgical in 2012. Incidence of death in the United States an average of 0.2-0.6% of operations and deaths caused by anesthesia 0.03-0.1% of all given anesthetics. About 90% of patients regain full consciousness within 15 minutes. If unconsciousness lasts > 15 minutes then it is considered prolong (recovering consciously delayed). Patients experiencing delayed conscious recovery time will increase airway obstruction, hypoxia, aspiration, hypercarbia. This study aims to identify the impact of Passive extremity ROM have on the recovered time on clients post operations with general anesthesia in RSUD Dr. H. Abdul Moeloek of Lampung Province. This research categorized into quasy eskperiment design with non equivalent kontrol group design. The population in this study was 30 respondents with post surgery. The time to start research is March 10 - April 10, 2020 in the recovery room of the RSUD Dr. H. Abdul Moeloek Lampung Province. The result of this study were the average time of recovered time on the kontrol group is 14 minute 27 second, and for the intervention group is 9 minute 40 second. There's also p-value $0,001 < \alpha (0,05)$, that proves there's different between the kontrol group and intervention group. it was concluded that there was an effect of passive ROM on the limbs of conscious recovery in postoperative patients with general anesthesia at RSUD Dr. H. Abdul Moeloek Lampung Province. Suggestion of passive limb ROM can be used as nonpharmacological therapy for management of conscious recovery time delayed in nursing care.

Keywords : Passive Extremety ROM, Post Opperations, Recovery Time
Reading list : 27 (2008-2018)