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**PENGARUH TERAPI *HOT PACK* SUPRAPUBIK
TERHADAP PEMULIHAN REFLEK VESIKA URINIA POST ANESTESI
SPINAL DI RSUD DR. H. ABDUL MOELOEK TAHUN 2023**

(lxviii+ 68 halaman, 6 tabel, 3 gambar)

ABSTRAK

Retensi urin pasca anestesi spinal dan pembedahan berkisar 5% sampai 70%, dengan kejadian laki-laki dan lansia beresiko lebih tinggi. Hal tersebut terjadi karena otot sfingter uretra tidak merespon keinginan untuk berkemih dan pasien tidak mampu merasakan adanya kebutuhan untuk berkemih. Tindakan yang dapat dilakukan untuk permasalahan ini adalah pemberian terapi hangat dengan media *hot pack* pada area suprapubik. Tujuan penelitian mengetahui Pengaruh Terapi *Hot Pack* Suprapubik Terhadap Pemulihan Reflek Vesika Urinia Post Anestesi Spinal Di RSUD Dr. H. Abdul Moeloek Tahun 2023. Penelitian ini adalah penelitian kuantitatif dengan desain *Quasy Eksperiment* dengan pendekatan *static group comparison*. Populasi penelitian ini pasien post operasi dengan anestesi spinal. Jumlah sampel 60 responden melalui teknik *accidental Sampling*. Rancangan penelitian adanya kelompok perlakuan dan kontrol, lalu pengukuran hasil dengan lembar observasi. Uji statistik menggunakan uji *t-test independent*. Hasil penelitian didapatkan rata-rata waktu pulih vesika urinaria kelompok intervensi 225.5 menit sedangkan kelompok kontrol 295menit dengan $p\text{-value} = (0.000) < \alpha (0.05)$ yang artinya ada pengaruh terapi *hot pack* suprapubik terhadap pemulihan reflek vesika urinaria post anestesi spinal di RSUD Dr. H. Abdul Moeloek tahun 2023. Peneliti menyarankan penggunaan terapi *hot pack* suprapubik sebagai salah satu terapi pendamping khususnya untuk penanganan pemulihan reflek vesika urinaria pada pasien post operasi dengan anestesi spinal.

Kata kunci: Pemulihan Reflek Vesika Urinia, *Hot pack*, Anestesi Spinal

Daftar Pustaka: 25 (2007-2023)

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THE EFFECT OF SUPRAPUBIC HOT PACK THERAPY ON THE RECOVERY OF VESICAL URINARY REFLEXES AFTER SPINAL ANESTHESIA AT RSUD DR. H. ABDUL MOELOEK IN 2023

lxviii + 68 pages, 6 tables, 3 figures

ABSTRACT

Urinary retention after spinal anesthesia and surgery ranges from 5% to 70%, with men and the elderly at higher risk. This occurs because the urethral sphincter muscle does not respond to the urge to urinate and the patient is unable to feel the need to urinate. The action that can be taken for this problem is the provision of warm therapy with hot pack media in the suprapubic area. This study aimed to determine the effect of Suprapubic Hot Pack Therapy on the Recovery of Post Spinal Anesthesia Vesical Urinary Reflex at Dr. H. Abdul Moeloek Hospital in 2023. This quantitative study uses a Quasy Experiment design with a static group comparison approach. The population of this study was postoperative patients with spinal anesthesia. The sample size was 60 respondents through an accidental sampling technique. The research design has treatment and control groups, then measuring the results with observation sheets. The research design has treatment and control groups, then measuring the results with observation sheets. Statistical tests using the independent t-test. The results showed that the average recovery time of vesica urine in the intervention group was 225.5 minutes while the control group was 295 minutes with a p-value = $(0.000) < \alpha (0.05)$ which means that there is an effect of suprapubic hot pack therapy on the recovery of vesica urine reflexes after spinal anesthesia at Dr. H. Abdul Moeloek Hospital in 2023. Researchers suggest the use of suprapubic hot pack therapy as one of the accompanying therapies, especially for handling the recovery of the vesical urinary reflex in postoperative patients with spinal anesthesia.

Keywords: Recovery of Vesical Urinary Reflex, Hot Pack, Spinal Anesthesia

Bibliography: 25 (2007-2023)