PROFIL TATALAKSANA NYERI AKUT PASCA OPERASI DI RSUP DR KARIADI SEMARANG

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ABSTRAK

Latar belakang: Nyeri adalah pengalaman sensorik tidak menyenangkan yang bersifat multidimensional dan personal, salah satu penyebabnya adalah cedera jaringan akibat operasi. Hingga saat ini, di RSUP dr. Kariadi Semarang, belum ada data yang menyeluruh mengenai efektivitas moda analgesia yang digunakan untuk manajemen nyeri dan kesesuaiannya dengan pedoman nasional.

Tujuan: Mengetahui profil tatalaksana nyeri akut pascaoperasi di RSUP Dr. Kariadi, meliputi moda analgesia, luaran, dan kesesuaian dengan pedoman nasional pelayanan kedokteran (PNPK) anestesiologi dari kementerian kesehatan.

Metode: Penelitian deskriptif observasional dengan metode *total sampling* sesuai kriteria inklusi dan eksklusi terhadap 1027 pasien yang dikelompokkan berdasarkan jenis operasi sesuai spesialisasi. Pengambilan data dilakukan di ruang pemulihan dan 24 jam pasca operasi di ruang rawat, menggunakan skala nyeri *Numeric Rating Scale* untuk dewasa dan FLACC untuk anak <8 tahun.

Hasil: Hasil penelitian menunjukkan bahwa moda analgesia terbanyak yang digunakan pada jenis anestesi umum yaitu kombinasi antara Paracetamol, Ketorolac, dan Fentanyl dengan jumlah total 337 (32.8%), sedangkan moda analgesia terbanyak yang digunakan pada jenis anestesi regional yaitu kombinasi antara Paracetamol, Ketorolac, dan Bupivacaine dengan jumlah total 170 (11.6%). Rerata skala nyeri 24 jam post operatif didapatkan sebesar 1.481±1.2544, di mana skala nyeri tertinggi pada operasi bidang Bedah Digestif serta Obstetri dan Ginekologi dengan persentase 15.5% dan 11% secara berurutan.

Simpulan: Tatalaksana nyeri pada pasien pascaoperasi di RSUP Dr. Kariadi Semarang secara umum efektif dengan persentase mencapai 92.8%. Moda analgesia yang digunakan sebagian besar telah sesuai dengan rekomendasi PNPK menggunakan prinsip multimodal analgesia dengan persentase 70.9%.

Kata Kunci: profil, efektivitas, analgesia, pascaoperasi, manajemen nyeri

POST-OPERATIVE PAIN ACUTE TREATMENT PROFILE IN DR. KARIADI CENTRAL GENERAL HOSPITAL SEMARANG

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ABSTRACT

Background: Pain is an unpleasant sensory experience that is multidimensional and personal, one of the causes of which is tissue injury due to surgery. Up until now, in dr. Kariadi Central General Hospital, there is no comprehensive data on the effectivity of the analgesia modalities used for pain management and their conformity with national guidelines.

Objective: To know the profile of postoperative acute pain management at dr. Kariadi Central General Hospital, in terms of analgetic modalities, outcome, and conformity with national guidelines.

Method: Observational descriptive research using total sampling method based on inclusion and exclusion criteria on 1027 patients grouped by type of surgery according to specialty. Data was collected in the recovery room and 24 hours postoperatively in the ward, using the Numeric Rating Scale pain scale for adults and FLACC for children <8 years.

Results: The results showed that the most common analgetic modality used in general anesthesia, is the combination of Paracetamol, Ketorolac, and Fentanyl with a total of 337 (32.8%), and the most common analgetic modality used in regional anesthesia, is the combination of Paracetamol, Ketorolac, and Bupivacaine with a total of 170 (11.6%). The average 24-hour postoperative pain scale is 1.481 ± 1.2544, where the highest pain intensity is among Digestive Surgery and Obstetrics and Gynecology with percentages of 15.5% and 11% respectively.

Conclusion: Pain management in postoperative patients at RSUP Dr. Kariadi Semarang is generally effective with percentage of 92.8%. The analgetic modalities used mostly are in accordance with the National Guideline for Medical Service recommendations using the principle of multimodal analgesia with percentage of 70.9%.

Keywords: profile, effectivity, analgetic, postoperative, pain management