

## **EFEKTIFITAS *ACTIVE BLANKET WARMER* DALAM MENGATASI *SHIVERING* PASIEN POST OPERASI SECTIO CESAREA DI RUANG PEMULIHAN KAMAR OPERASI**

### **ABSTRAK**

**Latarbelakang:** Tindakan pembedahan Sectio Cesarea merupakan persalinan janin melalui insisi terbuka pada regio adomen bagian bawah (laparotomi) dan rahim (histerotomi) dengan pembiusan. Komplikasi tindakan pembedahan pasien Sectio Cesarea salah satunya mengalami menggigil kedinginan. Salah satu intervensi keperawatan mewujudkan keselamatan dan kebutuhan rasa nyaman pasien dengan memberikan selimut penghangat metode aktif dan atau pasif.

**Tujuan:** Penelitian ini bertujuan mengetahui efektifitas *Active Blanket Warmer* dalam mengatasi *shivering* pasien post operasi sectio cesarea di ruang pemulihan kamar operasi.

**Metode:** Disain penelitian dengan rancangan *cohort prospective*. Teknik *sampling* menggunakan *purposive sampling*. Responden penelitian mendapatkan paparan *Active Blanket Warmer (Forced Air Warmer)* berjumlah 47 responden. Instrumen penelitian menggunakan *Bedside Shivering Assessment Scale (BSAS)*. Uji statistik menggunakan uji Friedman.

**Hasil:** Pada 0 menit paparan *Active Blanket Warmer (Forced Air Warmer)* hasil perbandingan nilai mean  $\pm$  SD skor *shivering* responden adalah  $2.021 \pm 0.32$ . Setelah 60 menit paparan *Active Blanket Warmer (Forced Air Warmer)* hasil perbandingan nilai mean  $\pm$  SD skor *shivering* responden adalah  $1.17 \pm 0.43$ . Uji statistik Friedman diperoleh nilai  $p$  0,000 ( $<0,05$ ).

**Kesimpulan:** Penggunaan *Active Blanket Warmer (Forced Air Warmer)* efektif menurunkan *shivering* sedang menjadi *shivering* ringan setelah 60 menit paparan pada pasien post operasi *Sectio Cesarea* di ruang pemulihan kamar operasi.

**Kata kunci:** *Active Blanket Warmer, Shivering, Sectio Cesarea*

## THE EFFECTIVENESS OF ACTIVE BLANKET WARMER IN TREATING SHIVERING POST CESAREAN PATIENT IN THE RECOVERY ROOM OF OPERATING THEATRE

---

### ABSTRACT

**Background:** The Sectio Cesarea surgical procedure is the delivery of the fetus through an open incision in the lower abdominal region (laparotomy) and uterus (hysterotomy) under anesthesia. One of the complications of surgery for Sectio Cesarea patients is experiencing shivering. One of the nursing interventions to realize the safety and comfort needs of patients is by providing active and/or passive warmer blankets.

**Objective:** This study aims to determine the effectiveness of the Active Blanket Warmer in treating shivering in post-cesarean section patients in the recovery room of operating theatre.

**Methods:** The research design was a prospective cohort design. The sampling technique uses purposive sampling. Research respondents who received exposure to the Active Blanket Warmer (Forced Air Warmer) amounted to 47 respondents. The research instrument used the Bedside Shivering Assessment Scale (BSAS). Statistical tests use the Friedman test.

**Results:** At 0 minutes of exposure to the Active Blanket Warmer (Forced Air Warmer), the results of the comparison of the mean  $\pm$  SD shivering scores of respondents were  $2.021 \pm 0.32$ . After 60 minutes of exposure to the Active Blanket Warmer (Forced Air Warmer), the results of the comparison of the mean  $\pm$  SD shivering scores of respondents were  $1.17 \pm 0.43$ . The Friedman statistical test obtained a p value of 0.000 ( $<0.05$ ).

**Conclusion:** The use of an Active Blanket Warmer (Forced Air Warmer) is effective in reducing moderate shivering to mild shivering after 60 minutes of exposure in post-operative Sectio Cesarea patients in the recovery room of operating theatre.

**Keywords:** Active Blanket Warmer, Shivering, Sectio Cesarea