

PERBEDAAN DIAMETER ANTEROPOSTERIOR DAN AREA LEVATOR HIATAL PADA SAAT ISTIRAHAT, VALSAVA, DAN KONTRAKSI SELAMA KEHAMILAN DAN PASCA PERSALINAN VAGINAL DI RSUP DR. SARDJITO YOGYAKARTA

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INTISARI

Latar belakang: Dasar panggul merupakan keseluruhan struktur yang berada di dalam rongga panggul mulai dari sisi lateral kanan hingga kiri dinding panggul, dari tulang simfisis hingga koksigid. Disfungsi dasar panggul yang terjadi akibat kelemahan otot dasar panggul dapat menyebabkan prolaps organ panggul dan inkontinensia urin sehingga dapat terjadi penurunan kualitas hidup. Persalinan vaginal merupakan faktor risiko terbesar disfungsi dasar panggul sehingga penting untuk mengenal secara dini berbagai aspek yang dapat berkontribusi terhadap disfungsi dasar panggul termasuk perubahan diameter anteroposterior dan area hiatus levator.

Tujuan: Penelitian ini bertujuan untuk mengetahui perubahan diameter anteroposterior dan area hiatus levator pada kehamilan dan pasca persalinan vaginal.

Metode penelitian : Penelitian ini merupakan studi kohort prospektif yang dilakukan di RSUP Dr. Sardjito pada bulan Januari – Desember 2023 dengan pengambilan sampel secara *consecutive sampling* yang melibatkan pasien hamil cukup bulan yang menjalani persalinan vaginal di RSUP Dr. Sardjito. Data yang diperoleh ditabulasi dan diuji normalitas menggunakan uji Shapiro-Wilk. Uji T berpasangan digunakan untuk menilai perbedaan area hiatus levator dan diameter anteroposterior levator hiatus pra dan pascasalin bila data terdistribusi normal dan uji Wilcoxon digunakan bila data tidak terdistribusi normal.

Hasil: Terdapat 40 subjek primigravida pada periode Januari – Desember 2023, 27 subjek menjalani operasi Seksio Caesaria, 3 subjek *loss to follow up*, dan 10 subjek dengan data pra dan pascasalin lengkap. Rerata area levator hiatus prasalin ialah $13,55 \pm 6,91$ dan pascasalin $13,83 \pm 0,68$, $p=0,722$. Median diameter anteroposterior levator hiatus prasalin ialah 5,16 (3,40-5,71) dan pascasalin 5,27 (3,82-5,60); $p=0,611$.

Kesimpulan: Tidak terdapat perbedaan diameter anteroposterior dan area hiatus levator ani pada saat istirahat, valsava, dan kontraksi sebelum dan setelah persalinan vaginal.

Kata Kunci. Persalinan vaginal, diameter anteroposterior, area hiatus levator, prasalin, pascasalin

DIFFERENCE BETWEEN ANTEROPOSTERIOR DIAMETER AND THE LEVATOR HIATAL AREA AT REST, VALSAVA, AND CONTRACTIONS DURING PREGNANCY AND AFTER VAGINAL DELIVERY AT SARDJITO GENERAL HOSPITAL, YOGYAKARTA

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ABSTRACT

Background: The pelvic floor spans the pelvic cavity from the right lateral side to the left side of the pelvic wall, extending from the symphytic bone to the coccyx. Pelvic floor dysfunction caused by weak pelvic floor muscles can lead to pelvic organ prolapse and urine incontinence, ultimately reducing quality of life. Vaginal delivery is the primary risk factor for pelvic floor dysfunction. It is crucial to understand the condition early regarding the different factors that might lead to pelvic floor dysfunction, such as changes in the anteroposterior diameter and levator hiatus area.

Objective: This study aims to determine changes in anteroposterior diameter and levator hiatus area in pregnancy and vaginal postpartum.

Methods: This study is a prospective cohort study conducted at Dr. Sardjito Hospital from January to December 2023. The study included full-term pregnant patients who were undergoing vaginal delivery at Dr. Sardjito Hospital. Consecutive sampling was used to choose participants. The acquired data was organized into a table and subjected to the Shapiro-Wilk test to assess its normalcy. The paired T test is employed to evaluate disparities in the levator hiatus and anteroposterior levator diameter regions between pre- and postsaline hiatus, assuming that the data follows a normal distribution. Conversely, the Wilcoxon test is utilized when the data does not conform to a normal distribution.

Results: There were 40 primigravida subjects in the period January – December 2023, 27 subjects underwent Caesarean section surgery, 3 subjects were *loss to follow up*, leaving 10 subjects with complete pre and postpartum data. The mean levator area of 13.55 ± 6.91 and 13.83 ± 0.68 before and after vaginal delivery respectively, $p = 0.722$. The median anteroposterior diameter of the levator of the hiatus was 5.16 (3.40–5.71) and 5.27 (3.82–5.60) before and after vaginal delivery respectively; $p=0.611$.

Conclusions: There was no difference in anteroposterior diameter and hiatus levator ani area at rest, valsava, and contractions before and after vaginal delivery.

Keywords. Vaginal delivery, anteroposterior diameter, levator hiatal area, prepartum, postpartum