

FAKTOR-FAKTOR KEJADIAN MENGGIGIL PADA PASIEN PASCA OPERASI DI RUANG PEMULIHAN INSTALASI KAMAR BEDAH DAN ANESTESI

RSUP DR SARDJITO YOGYAKARTA

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INTISARI

Latar Belakang: Menggigil pasca operasi merupakan komplikasi umum akibat hipotermia yang dapat memperlambat penyembuhan luka, meningkatkan risiko infeksi, serta menyebabkan ketidaknyamanan. Penelitian ini bertujuan memberikan gambaran mengenai kejadian menggigil pada pasien pasca operasi di ruang pemulihan RSUP Dr. Sardjito Yogyakarta.

Tujuan : Untuk mengetahui karakteristik pasien dan faktor risiko yang memengaruhi kejadian menggigil pasca operasi.

Metode : Penelitian ini menggunakan metode deskriptif kuantitatif dengan pendekatan *cross-sectional* yang dilakukan di ruang pulih sadar RSUP Dr Sardjito pada bulan Oktober 2024. Sampel melibatkan 280 pasien pasca operasi di ruang pemulihan, diambil menggunakan teknik *accidental sampling*. Data dikumpulkan menggunakan instrumen *Bedside Shivering Assessment Scale* (BSAS). Pada analisis ini peneliti menganalisis univariat, bivariat, dan multivariat. Pada analisis ini peneliti menganalisis univariat, bivariat, dan multivariat. Peneliti menggunakan analisis regresi logistik untuk mencari faktor-faktor yang dapat mempengaruhi kejadian menggigil pada pasien pasca operasi.

Hasil : Hasil menunjukkan bahwa 53% pasien mengalami menggigil, dengan mayoritas menggunakan anestesi umum. Faktor risiko signifikan meliputi lama operasi, dan suhu tubuh.

Kata Kunci : Menggigil pasca operasi, hipotermia, ruang pemulihan, anestesi, Bedside Shivering Assessment Scale.

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**Factors of the Incidence of Shivering in Postoperative Patients in the Recovery Room
of the Surgical Room Installation of Dr. SARDJITO Hospital Yogyakarta**

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ABSTRACT

Background: Postoperative shivering was a common complication caused by hypothermia, which could slow wound healing, increase infection risk, and cause discomfort. This study aimed to describe the incidence of postoperative shivering in patients in the recovery room of Dr. Sardjito Hospital, Yogyakarta.

Objective: To determine patient characteristics and risk factors that affected postoperative shivering.

Method: Quantitative descriptive method was used with a cross-sectional approach conducted in the recovery room of Dr. Sardjito General Hospital in October 2024. The sample involved 280 postoperative patients in the recovery room, taken using the accidental sampling technique. Bedside Shivering Assessment Scale (BSAS) instrument was used. In this analysis, the researcher analyzed univariate, bivariate, and multivariate. Logistic regression was used to analysis factors that could influence the incidence of shivering in postoperative patients.

Results: The study revealed that 53% of patients experienced shivering, predominantly among those who had undergone general anesthesia. Significant risk factors included the duration of surgery and body temperature.

Keywords: Postoperative shivering, hypothermia, recovery room, anesthesia, Bedside Shivering Assessment Scale.

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