

INTISARI

Latar Belakang : Posisi pasien yang optimal menjadi faktor penting untuk keberhasilan anestesi spinal. *Cross-Legged Sitting Position* (CLSP) merupakan alternatif posisi yang direkomendasikan karena menyebabkan fleksi lutut dan pinggul, yang menghasilkan peningkatan derajat fleksi lumbal sehingga potensial memudahkan prosedur anestesi spinal dibandingkan *Traditional Sitting Position* (TSP).

Tujuan : Mengetahui perbandingan tingkat keberhasilan anestesi spinal dengan CLSP dan TSP di RSUP Dr. Sardjito Yogyakarta.

Metode : Penelitian ini akan dilaksanakan dengan desain uji coba terkontrol acak label terbuka. Teknik anestesi spinal dilakukan dengan posisi CLSP dan TSP. Variabel utama yang diteliti adalah tingkat keberhasilan anestesi spinal pada upaya pertama pada masing-masing kelompok. dianalisis dengan *chi square test*. Perbedaan jumlah insersi dan durasi anestesi spinal dianalisis dengan *independent T-Test* atau uji *Mann-Whitney*. Hasil dinyatakan signifikan apabila nilai $p < 0,05$.

Hasil : Pasien dibagi menjadi dua kelompok: 84 pasien dengan CLSP dan 84 pasien dengan TSP. *First attempt* anestesi spinal pada kelompok CLSP berjumlah 74 (88,1%) dibandingkan TSP 67 (79,8%) dengan uji *chi-square* tidak menunjukkan perbedaan signifikan ($p=0,141$). Pada kelompok CLSP, subjek yang menerima anestesi spinal menerima dua kali *attempt* 6 (7,1%) dan tiga kali *attempt* 4 (4,8%). Pada kelompok TSP, pasien yang menerima anestesi spinal dengan *attempt* dua kali 11 (13,1%) dan *attempt* tiga kali 6 (7,1%). Dengan menggunakan tes *chi-square*, tidak ditemukan hubungan yang signifikan antara posisi pasien dan jumlah upaya anestesi spinal ($p=0.330$). Pada hasil uji *mann whitney* menunjukkan bahwa durasi insersi CLSP lebih cepat daripada TSP, dengan median waktu durasi insersi anestesi CLSP dengan 12 detik sedangkan TSP adalah 20 detik ($p=0.001$).

Kesimpulan : Penelitian ini menunjukkan bahwa *crossed-leg sitting* (CLSP) tidak signifikan meningkatkan keberhasilan anestesi spinal dibandingkan dengan *traditional sitting position*. Durasi insersi anestesi spinal dengan CLSP lebih singkat secara bermakna dibandingkan TSP.

Kata Kunci : Anestesi Spinal, *Cross-Legged Sitting Position*, *Traditional Sitting Position*, *first attempt spinal puncture*, *multiple attempt*

ABSTRACT

Background: Optimal patient positioning is an important factor for the success of spinal anesthesia. The Cross-Legged Sitting Position (CLSP) is a recommended alternative because it causes knee and hip flexion, resulting in increased lumbar flexion, which potentially facilitates the spinal anesthesia procedure compared to the Traditional Sitting Position (TSP).

Objective: To compare the success rates of spinal anesthesia using the CLSP and TSP at Dr. Sardjito General Hospital, Yogyakarta.

Methods: This study will be conducted using a nonblinded-randomized controlled trial design. Spinal anesthesia will be performed in both the CLSP and TSP positions. The main variable examined is the success rate of spinal anesthesia on the first attempt in each group, analyzed using the chi-square test. Differences in the number of insertions and duration of spinal anesthesia will be analyzed using the independent t-test or Mann-Whitney test. Results are considered significant if $p < 0.05$.

Results: Patients were divided into two groups: 84 patients with CLSP and 84 patients with TSP. The first attempt success rate for spinal anesthesia in the CLSP group (88.1%) was higher than in the TSP group (79.8%), but the chi-square test showed no significant difference ($p = 0.141$). In the CLSP group, 6 subjects (7.1%) required two attempts and 4 subjects (4.8%) required three attempts. In the TSP group, 11 patients (13.1%) required two attempts and 6 patients (7.1%) required three attempts. Using the chi-square test, no significant association was found between patient position and the number of attempts for spinal anesthesia ($p = 0.330$). The Mann-Whitney test showed that the insertion duration for CLSP was shorter than for TSP, with the median insertion time for CLSP being 12 seconds and for TSP 20 seconds ($p = 0.001$).

Conclusion: This study shows that the crossed-leg sitting position (CLSP) does not significantly improve the success of spinal anesthesia compared with the traditional sitting position. However, the duration of spinal anesthesia needle insertion was significantly shorter in the CLSP group.

Keywords: Spinal Anesthesia, Cross-Legged Sitting Position, Traditional Sitting Position, first attempt spinal puncture, multiple attempt