



INTISARI

Tonsilektomi adalah salah satu tindakan operasi yang sering dilakukan di bidang THT. Keluhan utama setelah tonsilektomi adalah nyeri yang disebabkan oleh trauma bedah. Penelitian ini bertujuan membandingkan hasil guna tramadol oral dan parasetamol oral untuk manajemen nyeri pascatonsilektomi pada anak.

Desain penelitian adalah *Randomized Controlled Trial*, buta ganda. Sampel penelitian sebanyak 100 anak di 4 lokasi penelitian yang akan menjalani tonsilektomi dan dilakukan randomisasi sistem blok. Pengukuran skor nyeri berdasar *Wong Baker faces scale*. Analisis statistik *2 Independent samples t-test* untuk membandingkan rerata skor nyeri antara kelompok terapi tramadol dan parasetamol. Enam sampel *drop out*: dua kelompok terapi tramadol, empat kelompok terapi parasetamol. 94 sampel dapat dilakukan analisis, 48(51,1%) sampel kelompok terapi tramadol dan 46(48,9%) parasetamol. Hasil analisis menunjukkan terdapat perbedaan bermakna rerata nyeri antara kelompok terapi tramadol dan parasetamol baik saat tidak menelan maupun saat menelan $p < 0,05$.

Berdasar hasil analisis, dapat diambil suatu simpulan tramadol lebih berhasil guna dibanding parasetamol untuk manajemen nyeri pascatonsilektomi pada anak.

Kata kunci: tramadol, parasetamol, nyeri pascatonsilektomi



ABSTRACT

Tonsillectomy is one of the surgical procedures frequently done in Ear, Nose and Throat Departement. Post-operative pain presented as main complaint in patients after tonsillectomy. The purpose of this reserch is to compare the efficacy of oral tramadol and oral paracetamol in the management of post-tonsillectomy pain in children.

The research was a double-blind, randomized controlled trial. The samples were collected in 4 locations among 100 children that will undergo tonsillectomy and be randomized by a block system. The measurement of pain was done using Wong-Baker faces pain scale. A statistical analysis was done by using the 2 Independent samples t-test for difference in mean of pain scores between tramadol and paracetamol groups. Six respondents dropped out: two of tramadol and four of paracetamol. 94 respondents could be included into analysis with 48 (51.1%) tramadol and 46 (48.9%) paracetamol. Result of the research indicates that there was significant difference in mean of pain scores between the tramadol and paracetamol groups both swallowing and not swallowing with $p < 0,05$.

Based on the result, it can be concluded that the efficacy of oral tramadol was higher than oral paracetamol in the management of post-tonsillectomy pain in children.

Keywords: *tramadol, paracetamol, post-tonsillectomy pain.*