

HUBUNGAN PROSEDUR *ENHANCED RECOVERY AFTER CAESAREA SURGERY* (ERACS) TERHADAP KEJADIAN MUAL MUNTAH PASCA OPERASI *SECTIO CAESAREA* DI RSUD AJIBARANG

Indi Kayana Nafiapta^[1], Wisnu Budi Pramono^[2], Edy Priyanto^[3], Tendi Novara^[4],
Madya Ardi Wicaksono^[5]

Fakultas Kedokteran, Universitas Jenderal Soedirman

ABSTRAK

Latar belakang: Persalinan seksio sesarea dengan anestesi spinal tanpa penanganan yang baik dapat menyebabkan efek samping berupa PONV pada 30% pasien khususnya pada 6 jam pertama. Metode ERACS dikembangkan untuk mengurangi keluhan pasien dan mengurangi efek samping yang dihasilkan dari penggunaan anestesi konvensional khususnya PONV. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan pelaksanaan ERACS dalam mengurangi kejadian mual dan muntah pasca operasi. **Metodologi:** Penelitian menggunakan rancangan penelitian observasional analitik dengan pendekatan cohort. Penelitian dilakukan di RSUD Ajibarang. Sampel diambil dengan teknik purposive sampling sebanyak 200 sampel. Data yang diambil berupa data sekunder melalui rekam medis pasien. **Hasil:** PONV lebih banyak terjadi pada penggunaan anestesi konvensional (13%). Hasil uji asosiasi chi-square didapatkan nilai 0,003 atau $P < 0,05$ yang berarti terdapat hubungan bermakna antara teknik anestesi ERACS dengan PONV. Kejadian PONV berisiko 6,5 kali lebih besar pada penggunaan teknik anestesi konvensional. **Kesimpulan:** Penggunaan metode anestesi ERACS dapat menurunkan kejadian mual dan muntah pasca operasi dibandingkan penggunaan metode anestesi konvensional.

Kata kunci: seksio sesarea, anestesi spinal, enhanced recovery after caesarean surgery, kejadian mual muntah pasca operasi, anestesi konvensional

THE RELATION BETWEEN ENHANCED RECOVERY AFTER CAESAREA SURGERY (ERACS) PROCEDURE AND THE INCIDENCE OF POSTOPERATIVE NAUSEA AND VOMITING IN CAESAREAN SECTION AT RSUD AJIBARANG

Indi Kayana Nafiapta^[1], Wisnu Budi Pramono^[2], Edy Priyanto^[3], Tendi Novara^[4],
Madya Ardi Wicaksono^[5]

Faculty of Medicine, Jenderal Soedirman University

ABSTRACT

Background: *Cesarean section delivery with spinal anesthesia without proper management can cause side effects in the form of PONV in 30% of patients, especially in the first 6 hours. The ERACS method was developed to reduce patient complaints and minimize the side effects resulting from the use of conventional anesthesia, particularly PONV. Objective:* *The aim of this study was to determine the relationship between the implementation of ERACS in reducing the incidence of postoperative nausea and vomiting. Methodology:* *This was a cohort study. The research was conducted at RSUD Ajibarang. Samples were taken using purposive sampling technique with a total of 200 samples. Data were collected in the form of secondary data through patients's medical records. Results:* *PONV occurred more frequently with the use of conventional anesthesia (13%). The statistical test result obtained a value of 0.003 or $P < 0.05$, indicating a significant relationship between the ERACS anesthesia technique and PONV. The incidence of PONV is 6,5 times greater with the use of conventional anesthesia technique. Conclusion:* *The use of ERACS method can reduce the incidence of postoperative nausea and vomiting compared to the use of conventional anesthesia methods.*

Keywords: *caesarea section, spinal anesthesia, enhanced recovery after caesarean surgery, postoperative nausea and vomiting, conventional anesthesia*