

ABSTRACT

COMPARISON OF SIDE EFFECTS AND COMFORT OF PATIENTS WITH SECTIO CAESAREA WITH ERACS AND NON ERACS METHODS IN RSIA PUTI BUNGSU CENTRAL LAMPUNG NOVEMBER 2022

By

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Background: Sectio caesarea operation increase day by day. This action is used as one of the final actions of various labor difficulties. The sectio caesarea method is inseparable from anesthetic action. The use of these anesthetics has several side effects that commonly occur and are factors that can interfere with patient's comfort. Enhanced Recovery After Caesarian Surgey (ERACS) method as a perioperative program is popular for speed recovery during caesarean section and minimizing side effects so as to provide comfort to the patient.

Methods: This study used a *cross sectional* research method. The population in this study were mothers who gave birth by sectio caesarea at RSIA Puti Bungsu Central Lampung with a total sample of 104 people. The sampling technique in this study was consecutive sampling. This study seeks to compare whether there are differences in side effects and patient comfort between ERACS and non-ERACS methods.

Results: Based on the results of the calculation of the chi-square analysis technique, variables side effects of pain ($p=0.000$), level of early mobilization ($p=0.000$), and patient's comfort ($p=0.001$) there were significant differences between patients with the ERACS and non-ERACS methods. Whereas in the side effect variable nausea and vomiting ($p=0.095$) there was no significant difference between patients with the ERACS and non-ERACS methods ($p>0.05$).

Conclusion: There were significant differences in the comparison of side effects of pain, level of early mobilization, and patient's comfort. However, there was no significant difference in the comparison of side effects of nausea and vomiting between patients with the ERACS and non-ERACS methods.

Keywords: sectio caesarea, ERACS, side effect, comfort

ABSTRAK

PERBANDINGAN EFEK SAMPING DAN KENYAMANAN PASIEN PASCA OPERASI SECTIO CAESAREA METODE ERACS DAN NON ERACS DI RSIA PUTI BUNGSU LAMPUNG TENGAH PERIODE NOVEMBER 2022

Oleh

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Latar Belakang: Persalinan *sectio caesarea* terus mengalami peningkatan. Tindakan ini digunakan sebagai salah satu tindakan akhir dari berbagai kesulitan persalinan. Metode *sectio caesarea* tidak terlepas dari tindakan anestesi. Penggunaan anestesi tersebut terdapat beberapa efek samping yang umum terjadi dan merupakan faktor yang bisa mengganggu kenyamanan pasien. Saat ini metode *Enhanced Recovery After Caesarian Surgey* (ERACS) sebagai program perioperatif tengah populer dalam penyembuhan lebih cepat saat *sectio caesarea* dan meminimalisir efek samping sehingga memberikan kenyamanan kepada pasien.

Metode: Penelitian ini menggunakan metode penelitian *cross sectional*. Populasi pada penelitian ini adalah ibu yang melahirkan secara *sectio caesarea* di RSIA Puti Bungsu Lampung Tengah dengan jumlah sampel 104 orang. Teknik pengambilan sampel pada penelitian ini adalah *consecutive sampling*. Penelitian ini mencari perbandingan apakah terdapat perbedaan efek samping dan kenyamanan pasien antara metode ERACS dan non ERACS.

Hasil: Berdasarkan hasil perhitungan teknik analisis *chi-square* variabel efek samping nyeri ($p = 0,000$), level mobilisasi dini ($p=0,000$), dan kenyamanan ($p=0,001$) terdapat perbedaan yang signifikan antara pasien dengan metode ERACS dan non ERACS. Sedangkan pada variabel efek samping mual muntah ($p=0,095$) tidak terdapat perbedaan yang signifikan antara pasien dengan metode ERACS dan non ERACS ($p>0,05$).

Kesimpulan: Terdapat perbedaan yang signifikan pada perbandingan efek samping nyeri, level mobilisasi dini, dan kenyamanan pasien. Namun tidak terdapat perbedaan yang signifikan pada perbandingan efek samping mual muntah antara pasien dengan metode ERACS dan non ERACS.

Kata Kunci: *sectio caesarea*, ERACS, efek samping, kenyamanan