

ABSTRAK

PENGARUH PEMBERIAN VIDEO EDUKASI *NON-OPERATING ROOM ANESTHESIA* (NORA) TERHADAP TINGKAT KECEMASAN PRE-TINDAKAN DAN GAMBARAN INTENSITAS NYERI POST-TINDAKAN PASIEN ENDOSKOPI SALURAN CERNA DI RUMAH SAKIT ABDUL MOELOEK

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Latar belakang: Endoskopi merupakan prosedur pemeriksaan diagnostik dan pengobatan teraupetik untuk menyederhanakan tindakan operatif pada gangguan saluran cerna yang terdiri dari prosedur esofagogastroduodenoskopi (EGD) dan kolonoskopi. Pasien seringkali merasakan kecemasan sebelum endoskopi. Sumber kecemasan berasal dari tindakan endoskopi itu sendiri serta tindakan pembiusan sebelum endoskopi. Kecemasan dapat memengaruhi hemodinamik pasien dan intensitas nyeri pasca tindakan. Salah satu cara untuk mengurangi kecemasan pasien adalah memberikan video edukasi tindakan anestesi pre-endoskopi atau *Non Operating Room Anesthesia* (NORA). Penelitian ini bertujuan untuk mengetahui ada tidaknya pengaruh video edukasi anestesi terhadap tingkat kecemasan sebelum tindakan dan intensitas nyeri pasca tindakan endoskopi.

Metode Penelitian: Penelitian kuantitatif dengan *pre-eksperimental one groups pre-posttest design*. Subjek penelitian adalah 54 pasien yang akan menjalani endoskopi saluran cerna di RSUD Dr. H. Abdul Moeloek Provinsi Lampung. Tingkat kecemasan pasien diukur dengan instrumen *Spielberger's State-Anxiety Inventory* dan tingkat nyeri diukur dengan kuesioner *Numeric Rating Scale*. Penelitian ini menggunakan uji hipotesis *paired sample t-test* dan *spearman rank*.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa ada pengaruh pemberian video edukasi terhadap tingkat kecemasan dan intensitas nyeri ($p\text{-value} < 0,001$) serta adanya hubungan antara tingkat kecemasan setelah edukasi dengan tingkat nyeri pasca endoskopi ($p\text{-value} < 0,001$).

Simpulan: Terdapat pengaruh pemberian video edukasi *Non Operating Room Anesthesia* (NORA) terhadap tingkat kecemasan pre-tindakan dan intensitas nyeri post-tindakan pasien endoskopi saluran cerna di RSUD. Dr. H. Abdul Moeloek Provinsi Lampung.

Kata kunci. Anestesi, Endoskopi, Kecemasan, Kolonoskopi, Nyeri

ABSTRACT

THE EFFECT OF PROVIDING EDUCATIONAL VIDEOS OF NON-OPERATING ROOM ANESTHESIA (NORA) ON PRE- ENDOSCOPY ANXIETY LEVEL AND POST-ENDOSCOPY PAIN INTENSITY AMONG GASTROINTESTINAL ENDOSCOPY PATIENTS AT ABDUL MOELOEK HOSPITAL

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Background: Endoscopy is a diagnostic examination procedure and therapeutic treatment used to simplify operational procedures for gastrointestinal disorders, consisting of esophagogastroduodenoscopy (EGD) and colonoscopy procedures. Patients often feel anxious before endoscopy, with the sources of anxiety stemming from both the endoscopy procedure itself and the anesthesia required beforehand. Anxiety can affect the patient's hemodynamics and the intensity of pain following the procedure. To reduce patient anxiety, educational videos about pre-endoscopic anesthesia or Non Operating Room Anesthesia (NORA) can be provided. This study aims to determine whether anesthesia educational videos have an effect on anxiety levels before the procedure and pain intensity after the endoscopy procedure.

Methods: Quantitative research with pre-experimental one group pre-posttest design. The research subjects were 54 patients who would undergo gastrointestinal endoscopy at RSUD Dr. H. Abdul Moeloek Lampung. The patients' anxiety levels were measured using the Spielberger's State-Anxiety Inventory instrument and the pain levels were assessed with the Numeric Rating Scale questionnaire.

Result: The results showed a significant effect of the educational videos on anxiety levels and pain intensity (p -value <0.001) and there was a significant relationship between anxiety levels after education and the pain levels following endoscopy (p -value <0.001). Data analysis using a paired sample t-test and spearman rank test.

Conclusion: There is an effect of providing an educational video of Non-Operating Room Anesthesia (NORA) on the level of pre-endoscopy anxiety and post-endoscopy pain intensity among gastrointestinal endoscopy patients at RSUD. Dr. H. Abdul Moeloek Lampung.

Keyword. Anesthesi, Endoscopy, Anxiety, Colonoscopy, Pain