

ABSTRAK

Latar Belakang: Sectio sesaria memiliki dua program perawatan yaitu metode konvensional dan metode eracs. Keduanya menggunakan teknik *Regional Anesthesia Subarachnoid Block* (RA-SAB) pada saat sebelum melakukan operasi. Pada metode konvensional sering menggunakan injeksi morfine karna adanya nyeri pascaoperatif, sedangkan metode eracs merupakan metode baru yang memiliki tujuan untuk mengurangi stress pasca pembedahan, mempercepat pemulihan fisiologis dan fungsional awal pada periode pasca operasi, namun dilakukan pengurangan injeksi morfine karna tidak ada keluhan nyeri.

Tujuan: Penelitian ini memiliki tujuan untuk mengetahui perbandingan efektivitas dosis konvensional dengan dosis *Enhanced Recovery After Caesarean Surgery* (ERACS) terhadap penggunaan teknik *Regional Anesthesia Subarachnoid Block* (RA-SAB) pada pasien *sectio sesaria* di RSIA Pramaliesa Batang Kuis.

Metode: Studi analitik potong lintang dengan teknik pengambilan sampel *simple random sampling*. Besar sampel sebanyak 135 responden yang dihitung menggunakan rumus *Isaac and Michael* dan pengujian hipotesis menggunakan analisis uji Wilcoxon. Teknik pengambilan data menggunakan data sekunder.

Hasil: Dari 135 responden, mayoritas responden yang menggunakan dosis metode konvensional memiliki tekanan darah normal (40,0%), denyut nadi normal (50.4%), kategori mual negatif (36.3%) dan *Visual Analog Scale* (VAS) kategori sedang (40.7%). Sedangkan mayoritas responden yang menggunakan dosis metode eracs memiliki tekanan darah normal (38,5%), denyut nadi normal (49.6%), kategori mual negatif (40.7%) dan *Visual Analog Scale* (VAS) kategori sedang (49.6%). Terdapat hubungan antara penggunaan dosis konvensional dan dosis *Enhanced Recovery After Caesarean Surgery* (ERACS) terhadap perubahan hemodinamik $p=0,000$ ($p<0,05$).

Kesimpulan: Terdapat hubungan antara penggunaan dosis konvensional dan dosis *Enhanced Recovery After Caesarean Surgery* (ERACS) terhadap perubahan hemodinamik.

Kata Kunci : ERACS, Metode Konvensional, *Sectio Caesarea*.

ABSTRACT

Background: *Caesarea section has two treatment programs, namely conventional method and eracs method. Both of them used regional anasthesia subarachnoid block (RA-SAB) technique prior to surgery. The conventional method often uses morphine injection due to postoperative pain, while the eracs method is a new method that has a purpose to reduce postoperative stress, accelerate early physiological and functional recovery in the postoperative period, but a reduction in morphine injection is made because there are no complaints of pain.*

Purpose: *This study had the purpose to determine the comparison of the effectiveness of conventional doses with Enhanced Recovery After Caesarean Surgery (ERACS) doses on the use of regional anasthesia subarachnoid block (RA-SAB) techniques in cesarean section patients at RSIA Pramaliesa Batang Kuis.*

Methods: *Cross-sectional analytic study using simple random sampling technique. The sample size is 135 respondents calculated using the Isaac and Michael formula and testing the hypothesis using the Wilcoxon test analysis. Data collection techniques using secondary data.*

Results: *Obtained from 135 respondents, the majority of respondents who used conventional method doses had normal blood pressure (40.0%), normal pulse (50.4%), negative nausea category (36.3%) and moderate category of Visual Analog Scale (VAS) (40.7%). While the majority of respondents who used the eracs dose method had normal blood pressure (38.5%), normal pulse (49.6%), negative nausea category (40.7%) and moderate category of Visual Analog Scale (VAS) (49.6%). There is a relationship between the use of conventional doses and Enhanced Recovery After Caesarean Surgery (ERACS) doses for changes in hemodynamics $p=0.000$ ($p<0.05$).*

Conclusion: *There is a relationship between the use of conventional doses and Enhanced Recovery After Cesarean Surgery (ERACS) doses on hemodynamic changes.*

Keywords: *ERACS, Conventional Method, Sectio Caesarea.*