

## Penyerahan nyeri pasca bedah sesar menggunakan analgesia spinal bupivakain 0,5% 12,5 mg : perbandingan keefektifan morfin 0,05 mg intratekal plus ketorolak 30 mg intramuskular dengan morfin 0,1 mg intratekal

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### Abstrak

Tujuan : dilakukan penelitian untuk membandingkan keefektifan morfin 0,05 mg intratekal plus ketorolak 30 mg intramuskular dengan morfin 0,1 mg intratekal untuk mencegah nyeri pasca bedah sesar dengan analgesia spinal bupivakain 0,5% 12,5 mg.

Disain : uji klinis acak tersamar ganda.

Metode : 96 pasien yang menjalani bedah sesar dibagi 2 kelompok. Kelompok A sebanyak 48 orang mendapat 0,05 mg morfin pada suntikan bupivakain 0,5% 12,5 mg intratekal plus ketorolak 30 mg intramuskular dan kelompok B sebanyak 48 orang mendapat 0,1 mg morfin pada suntikan bupivakain 0,5% 12,5 mg plus NaCl 0,9% 1 cc intramuscular. Selanjutnya dilakukan pemantauan nyeri menggunakan VAS, tekanan darah, frekuensi nadi, nafas dan efek samping pada jam ke 2, 4, 6, 8, 16 dan 24 pasca operasi.

Hasil : kelompok A mempunyai efek analgesia yang setara dengan kelompok pada pemantauan jam ke 2 hingga ke 24 dan pa 0,05\_ Efek samping pruritus, mual muntah kelompok A 14,6%, 2,1%, 2,1% sedangkan kelompok B 43,0%, 10,4%, 4,2%.

Kesimpulan : morfin intratekal 0,05 mg plus ketorolak 30 mg intramuskular menghasilkan analgesia yang tidak berbeda bermakna dengan morfin 0,1 mg dan menurunnya efek samping pruritus, mual dan muntah pasca bedah sesar.

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Objective : this study was conducted to compare the effectiveness of 0,05 mg intrathecal morphine plus 30 mg intramuscular ketorolac with 0,1 mg intrathecal morphine for postoperative pain control after cesarean delivery under spinal analgesia with 12,5 mg of 0,5 % plain bupivacaine.

Design : double blind, randomized clinical study

Methods : 96 patients who underwent cesarean delivery, were divided into 2 groups. Group A : 48 patients got 0,05 mg intrathecal morphine at injection of 12,5 mg bupivacaine 0,5 % combined with 30 mg intramuscular ketorolac. Group B : 48 patients got 0,1 mg intrathecal morphine at injection of 12,5 mg bupivacaine 0,5 % plus NaCl 0,9 % intramuscular. All patients were observed and evaluated for the first 24 hours : the effectiveness of analgesia using VAS, BP, HR and RR.

Result : group A have the same effectiveness of post operative pain control with group B during the

observations. A significantly greater incidence of pruritus was observed in the group B receiving 0,1 mg of intrathecal morphine. Although no significant difference among groups was observed regarding the incidence of vomiting, there was a trend toward less vomiting with the use of smaller doses of morphine.

Conclusion : a multimodal approach to pain control with the use of a combination drug ( 0,05 intrathecal morphine and 30 mg im ketorolac) have same quality of analgesia that provided with 0,1 mg intrathecal morphine but the incidence of side effects trend to decrease.