

Efek elektroakupunktur pada nyeri pascaseksio sesarea = Effect of electroacupuncture on post cesarean pain

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Abstrak

[Nyeri pascaoperasi merupakan masalah utama dan perlu ditangani dengan baik. Meskipun berbagai jenis farmakoterapi telah digunakan untuk tatalaksana nyeri pascaoperasi namun hasilnya masih belum memuaskan dan menimbulkan sejumlah efek samping seperti mual muntah dan gangguan gastrointestinal. Penelitian ini menggunakan desain uji klinis acak dengan kontrol yang bertujuan untuk mengetahui efek elektroakupunktur (EA) pada nyeri pascaseksio sesarea. Tiga puluh delapan ibu bersalin pascaseksio sesarea yang memenuhi kriteria inklusi dibagi menjadi dua kelompok. Kelompok EA menerima elektroakupunktur frekuensi 2 Hz pada titik ST36 Zusanli, SP6 Sanyinjiao, LI4 Hegu dan LR3 Taichong selama 30 menit sedangkan kelompok kontrol tidak menerima EA. Kedua kelompok diberikan morfin sesuai kebutuhannya melalui Patient Controlled Analgesia. Penilaian dilakukan dengan mengukur kebutuhan morfin pascaoperasi selama 24 jam dan waktu pemakaian morfin pertama kali. Hasilnya median jumlah dosis morfin pascaoperasi selama 24 jam pada kelompok EA adalah 4,5 mg dan kelompok kontrol 15 mg ($p<0,05$) dan median waktu pemakaian morfin pertama kali pada kelompok EA adalah 205 menit dan kelompok kontrol 60 menit ($p<0,05$). Kesimpulan penelitian ini bahwa EA mengurangi nyeri pascaseksio sesarea melalui penundaan waktu pemakaian morfin pertama kali dan pengurangan jumlah pemakaian morfin selama 24 jam pertama pascaoperasi.]; Postoperative pain is a major problem and needs to be handled properly. Although various types of pharmacotherapy regimen has been used for the management of postoperative pain but the results are still not satisfactory and cause a number of side effects such as nausea, vomiting and gastrointestinal disorders. This is a randomized controlled clinical trial to determine the effects of electroacupuncture (EA) on postcesarean pain. Thirty eight women postcesarean who met the inclusion criteria were divided into two groups. EA group received 2 Hz electroacupuncture at ST36 Zusanli, SP6 Sanyinjiao, LI4 Hegu and LR3 Taichong for 30 minutes while the control group did not received EA. Both groups were given morphine according to their individual needs through Patient Controlled Analgesia. Assessment is done by measuring total dose of morphine used within the first 24 hours and the first time of requesting morphine. The result showed that median amount of morphine consumption for 24 hours in the EA group are 4.5 mg and 15 mg for control group ($p<0.05$) and the median time to the first use of morphine in EA group are 205 minutes and a control group 60 minutes

($p < 0.05$). It can be concluded that EA had analgesia effect on postcesarean pain by delaying first time of requesting morphine and lowering total dose of morphine used within the first 24 hours., Postoperative pain is a major problem and needs to be handled properly. Although

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