

Perbandingan teknik manuver valsalva dan kontrol dalam mengurangi derajat nyeri saat penyuntikan jarum spinal = Comparison of valsalva maneuver and control in reducing pain during spinal injection

Ida Juita Halim, author

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Abstrak

<p>Latar Belakang. Untuk menanggulangi nyeri saat penyuntikan jarum spinal dapat digunakan dua cara yaitu dengan cara non-farmakologis seperti melakukan manuver Valsalva dan cara farmakologis seperti memberikan obat anestesi sebelum penyuntikan. Menurut studi terdahulu di RSUPN-CM telah diketahui bahwa skala nyeri yang diperoleh yaitu VAS 0 (0-3) untuk kelompok EMLA dan VAS 0 (0-4) untuk kelompok vapocoolant spray saat penyuntikan jarum spinal. Untuk itu, peneliti ingin meneliti mengenai cara non farmakologis dengan membandingkan efektivitas manuver Valsalva dan kontrol dalam menurunkan derajat nyeri saat penyuntikan jarum spinal.</p><p>Metode. Penelitian ini menggunakan desain uji eksperimental klinis pada 70</p><p>pasien dengan 35 pasien pada masing-masing kelompok manuver Valsalva dan kontrol selama Januari-April 2019. Subjek penelitian adalah pasien wanita yang akan menjalani brachiterapi untuk pertama kali dengan pembiusan spinal. Efektifitas anestesia dinilai dengan skala nyeri VAS dan gerakan pasien.</p><p>Hasil. Skala nyeri yang diperoleh yaitu VAS 10mm (0-60) untuk kelompok manuver Valsalva dan VAS 30mm (0-60) untuk kelompok kontrol. Terdapat perbedaan bermakna antara skor VAS kelompok manuver valsalva dengan kelompok kontrol menurut uji Mann-Whitney dengan nilai $p<0.001$. Untuk gerakan pasien, kelompok Valsalva yang bergerak hanya 7 orang (20%) sedangkan dari kelompok kontrol yang bergerak 17 subjek (48.6%). Terdapat perbedaan proporsi gerak antara kelompok manuver valsalva dengan kelompok kontrol menurut uji Chi-square dengan nilai $p=0.012$ </p><p>Kesimpulan. Terdapat perbedaan signifikan skala nyeri VAS dan gerakan pasien antara kelompok Manuver Valsalva dan kontrol saat penyuntikan jarum spinal.</p><hr /><p>Background. There are two methods to cope with pain during spinal injection, by non-pharmacologic such as doing Valsalva maneuver and by pharmacologic like giving anesthesia before the injection. Based on the previous study in RSUPN-CM stated that VAS 0 (0-3) for EMLA group and VAS 0 (0-4) for vapocoolant spray group during spinal puncture. The study aimed at comparing the effectiveness of Valsalva maneuver as non pharmacological approach and control in reducing pain during spinal injection.</p><p>Method. This was an experimental study on 70 subjects with 35 subjects treated with Valsalva maneuver and 35 subjects treated as control from January to April 2019. Research subjects were female who will undergo brachytherapy for the first time with spinal anesthesia. The effectiveness of pain was assessed by using Visual Analogue Scale (VAS) and patient movement during the surgery.</p><p>Results. This study found that pain scale obtained were VAS 10 (0-60) for Valsalva Maneuver group and VAS 30 (0-60) for control group. There was significant difference between two groups for pain scale according to Mann-Whitney test with p-value <0.001. For patient movement, the movement was reported in seven patients in Valsalva manuver group and 17 patients in control group. Based on chi-square test, there was significant differences between two groups, with p-value </p>

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0.012.</p><p>Conclusions. There were significant differences in VAS pain scale and patient movement between Manuver Valsalva group and control group in reducing pain during spinal injection</p>