

PERBANDINGAN POSISI *HEAD UP* 15⁰ DENGAN 30⁰ TERHADAP
TEKANAN DARAH, NADI DAN RESPIRASI PADA PASIEN TEKANAN
TINGGI INTRAKRANIAL DI RUANG *NEUROSURGICAL CRITICAL CARE*
UNIT RSUP Dr. HASAN SADIKIN BANDUNG

ADE SITI SATARIYAH

ABSTRAK

Tekanan Tinggi Intrakranial merupakan kegawatdaruratan neurologi yang utama dengan angka kejadian tiap tahun meningkat. Dan apabila keadaan ini tidak segera ditangani akan menyebabkan kematian. Kematian pada kasus Tekanan Tinggi Intrakranial prosesnya sangat cepat sehingga memerlukan tindakan gawat darurat, pengobatan yang tepat serta perawatan yang intensif. Penelitian ini dimotivasi oleh semakin bertambahnya jumlah kasus penyakit-penyakit yang dapat meningkatkan tekanan tinggi intra kranial. Tujuan penelitian ini adalah mengetahui perbandingan posisi tidur *head up* 15⁰ dengan posisi tidur *head up* 30⁰ terhadap tekanan darah, nadi dan respirasi pada pasien dengan tekanan tinggi intrakranial.

Metode yang digunakan adalah penelitian *quasi eksperimental* dengan rancangan *pretest* dan *posttest two group* dengan jumlah sampel 22 orang. Teknik pengambilan sampel menggunakan teknik *consecutive sampling first in first out*. Pengolahan data langkah awal menggunakan uji normalitas data Saphiro Wilk kemudian dengan uji *t*, sedangkan data yang tidak berpasangan menggunakan uji *t* tidak berpasangan atau uji Mann-Whitney dan Wilcoxon. untuk melihat perbandingan posisi *head up* 15⁰ dan 30⁰.

Hasil analisis dengan uji *t* berpasangan didapatkan adanya perbedaan bermakna antara tekanan darah dan nadi sebelum dan sesudah diberikan posisi *head up* 15⁰ dan 30⁰ dengan nilai $p=0,001$. Tetapi pada variabel respirasi ditemukan hasil yang menunjukkan tidak terdapat perbedaan yang signifikan respirasi sebelum dan sesudah diberikan posisi *head up* 15⁰ dengan nilai $p=0,019$ dan posisi *head up* 30⁰ dengan nilai $p=0,401$. Hasil analisis perbedaan antara kelompok didapatkan perbedaan bermakna antara tekanan darah antara kelompok pasien dengan posisi *head up* 15⁰ dan kelompok penderita dengan posisi *head up* 30⁰. Sedangkan pada variabel nadi dan respirasi, tidak terdapat perbedaan bermakna antara nadi respirasi pada kelompok pasien dengan posisi *head up* 15⁰ dan kelompok pasien dengan posisi *head up* 30⁰. Disimpulkan bahwa pada pasien dengan peningkatan tekanan tinggi intrakranial sebaiknya diatur posisi tidur *head up* 15⁰.

Kata Kunci : Tekanan Tinggi Intrakranial, posisi *head up*, tekanan darah, nadi, dan respirasi.

COMPARISON OF HEAD POSITION UP TO 15⁰ TO 30⁰ BLOOD PRESSURE, PULSE AND RESPIRATION INCREASED INTRACRANIAL PRESSURE IN PATIENTS IN THE NEUROSURGICAL CRITICAL CARE UNIT RSUP DR. HASAN SADIKIN BANDUNG

ADE SITI SATARIYAH

ABSTRACT

Increased Intracranial Pressure (IICP) is the most important neurologic emergency which the incidence rates increased every year and mortality would increase if this condition was not treated immediately. Process of death because of IICP was very fast, emergency and appropriate treatment was needed and also intensive nursing care. This study was motivated by increasing diseases which caused increased intracranial pressure. The aims of this study was identifying the comparison between head up 15° position and head up 30° position to blood pressure, pulse and respiration patients with IICP.

The method of this study was quasy experimental with pretest and posttest two group design. Using concecutive sampling first in first out was found 22 samples. Normality test were analized by Saphiro Wilk and Mann-Whitney test for unpaired t test and to compare the head up position used Wicoxon test.

The result found that was significant different blood pressure and pulse before and after head up 15° and head up 30° position (p value = 0.001). There was no significant different respiration before and after head up 15° position (p value = 0.019) and before and after head up 30° position (p value = 0.401). Blood pressure was different significant between head up 15° and head up 30° position. Pulse and respiration were not different significant between head up 15° and head up 30° position. The conclusion of this research that IICP patients should be better in head up 15° position.

Key words : *Increased intracranial pressure, head up position, blood pressure, pulse , respiration*

COMPARISON OF HEAD POSITION UP TO 15⁰ TO 30⁰ BLOOD PRESSURE, PULSE AND RESPIRATION INCREASED INTRACRANIAL PRESSURE IN PATIENTS IN THE NEUROSURGICAL CRITICAL CARE UNIT RSUP DR. HASAN SADIKIN BANDUNG

High intracranial pressure is a major neurologic emergency with incidence rates increasing every year. And if this condition is not treated immediately will cause death. Death in the case of Intracranial Pressure process is so fast that require emergency action, appropriate treatment and intensive care. The research was motivated by the increasing number of cases of diseases that can increase the high intra cranial pressure. The purpose of this study was to determine comparison sleeping head-up position 15⁰ with 30⁰ head-up sleeping position on blood pressure, pulse and respiration in patients with high intracranial pressure .

The method used is a quasi-experimental research design with pretest and posttest two group by the number of samples of 22 people. Sampling techniques using sampling techniques concecutive first in first out. Initial step of data processing using the Shapiro Wilk normality test data later with the t test, while the data is not berpasangan using unpaired t test or Mann-Whitney test and Wilcoxon. to see a comparison of head-up position 15⁰ and 30⁰.

The results of the analysis with a paired t test found significant differences between blood pressure and pulse before and after head-up position 15⁰ and 30⁰ with p-value = 0.001. But in the variable respiration found results that showed no significant differences in respiration before and after head-up position 15⁰ with a value of p = 0.019 and head-up position 30⁰ with p-value = 0.401. The results of the analysis of differences between groups found significant differences between blood pressure between groups of patients with head-up position 15⁰ and a group of patients with head-up position 30⁰. While the variable pulse and respiration, there was no significant difference between the pulse respiration in the group of patients with head-up position 15⁰ and the group of patients with head-up position 30⁰. Concluded that in patients with increased intracranial pressure should be set high to sleep head-up position 15⁰

Keywords: High intracranial pressure, head-up position, blood pressure, pulse, and respiration.