

Perbandingan Penggunaan Topikal *Spray* Benzidamin HCl 0,15% dan Gel Lidokain 2% pada Pipa Endotrakeal terhadap Kejadian Nyeri Tenggorok Pascaintubasi Endotrakeal

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Abstrak

Nyeri tenggorok setelah operasi sering terjadi dan merupakan hal yang tidak menyenangkan setelah tindakan anestesia dengan intubasi endotrakeal. Penelitian ini dilakukan untuk mengetahui apakah penggunaan benzidamin HCl 0,15% lebih menurunkan angka kejadian nyeri tenggorok dibanding dengan lidokain gel 2% pada pasien pascaintubasi endotrakeal. Penelitian eksperimental secara *randomized control trial* (RCT) dilakukan pada 90 pasien dengan status fisik *American Society of Anesthesiologists* (ASA) I-II, usia 18-60 tahun yang menjalani operasi elektif di ruang operasi bedah sentral Rumah Sakit Dr. Hasan Sadikin Bandung pada Juni-Agustus 2014. Pasien dibagi dalam kelompok benzidamin, kelompok lidokain, dan kelompok NaCl. Selama operasi dicatat perubahan hemodinamik, tekanan balon pipa endotrakeal dipertahankan di bawah 25 mmHg, dinilai skala nyeri tenggorok pada 2 jam, 6 jam, dan 24 jam (T2, T6, T24) setelah operasi dan dilakukan uji statistik dengan uji-t, Uji Kruskal-Wallis, chi-kuadrat. Dari hasil penelitian didapatkan angka kejadian nyeri tenggorok kelompok benzidamin lebih rendah dibanding dengan kelompok lidokain pada 6 jam setelah operasi (T6) dengan perbedaan yang bermakna ($p < 0,05$). Simpulan penelitian ini menunjukkan *spray* benzidamin HCl 0,15% mampu mengurangi angka kejadian nyeri tenggorok pasca-anestesia endotrakeal dibanding dengan lidokain gel 2%.

Kata kunci: Anti-inflamasi, benzidamin HCl, lidokain gel, nyeri tenggorok pascaintubasi

Effectiveness of Benzidamine HCl 0.15% Spray and Lidocaine 2% Gel on Post-operative Sore Throat Incidence

Abstract

Postoperative sore throat is common and unpleasant after endotracheal anesthesia. This study was conducted to determine whether the use of benzydamine hcl 0.15% can further reduce the incidence of sore throat compared to lidocaine gel 2% in patients under endotracheal anesthesia. This experimental study was a randomized control trial (RCT) in 90 patients with ASA physical status I-II, aged 18-60 years who underwent elective surgery in the central surgical operating room of Dr. Hasan Sadikin General Hospital during the period of June to August 2014. Patients were divided in benzydamine group, lidocaine group, and NaCl group. The hemodynamic changes were noted during surgery. The endotracheal tube cuff pressure was maintained below 25 mmHg and a graded scale for sore throat was performed at 2 hours, 6 hours, and 24 hours (T2, T6, T24) after surgery. Statistical tests using t-test, Kruskal-Wallis, and chi-square test were conducted. From the results, the incidence of sore throat in the benzydamine HCL group was significantly lower than in the lidocaine HCL group at 6 hours after surgery (T6; $p < 0.05$). It is concluded that benzydamin HCL 0.15% spray is able to reduce the incidence of postoperative sore throat when compared to lidocaine 2% gel.

Key words: Anti-inflammation, benzydamine HCL, lidocaine HCL, postoperative sore throat

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