

ABSTRAK

Abstrak
UNIVERSITAS MUHAMMADIYAH JEMBER
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Studi Analisis: Pemberian Blanket Warmer Pada Pasien Primipara Post Sectio Caesarea Dengan Masalah Keperawatan Hipotermia Di Recovery Room Rsd. Dr. Soebandi Jember

Abstrak

Pendahuluan: Hipotermia merupakan komplikasi umum pada pasien post sectio caesarea (SC), terutama pada ibu primipara akibat paparan suhu dingin ruang operasi dan efek anestesi spinal. Salah satu intervensi nonfarmakologis yang digunakan untuk menangani hipotermia adalah blanket warmer, namun penggunaannya belum menjadi standar di banyak ruang pemulihan, termasuk di RSD dr. Soebandi Jember. Studi ini bertujuan untuk menganalisis implementasi pemberian blanket warmer terhadap peningkatan suhu tubuh pasien primipara post SC yang mengalami hipotermia. **Metode:** Penelitian ini menggunakan desain studi kasus deskriptif dengan tiga subjek ibu primipara post SC yang mengalami hipotermia di ruang recovery room RSD dr. Soebandi Jember. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, serta dokumentasi. Fokus penelitian adalah pada proses keperawatan mulai dari pengkajian, penetapan diagnosis, perencanaan intervensi, pelaksanaan tindakan, hingga evaluasi hasil setelah pemberian blanket warmer. **Hasil:** Ketiga pasien menunjukkan gejala hipotermia seperti suhu tubuh $<36^{\circ}\text{C}$, menggigil, dan akral dingin. Setelah intervensi pemberian blanket warmer, terdapat peningkatan suhu tubuh ke kisaran normal ($36,2\text{--}36,6^{\circ}\text{C}$), penurunan respon menggigil, dan peningkatan kenyamanan subjektif pasien. Evaluasi menunjukkan bahwa blanket warmer efektif sebagai intervensi keperawatan dalam mengatasi hipotermia pada pasien post SC. **Kesimpulan:** Pemberian blanket warmer terbukti efektif meningkatkan suhu tubuh dan mengurangi gejala hipotermia pada pasien primipara post SC. Intervensi ini dapat menjadi bagian dari standar operasional prosedur keperawatan pascaoperasi di ruang pemulihan. **Saran:** Perawat perlu diberikan pelatihan penggunaan blanket warmer yang sesuai, serta penting bagi rumah sakit untuk mempertimbangkan penyusunan SOP tentang manajemen hipotermia dengan alat ini.

Kata kunci: Blanket warmer, hipotermia, primipara, *post sectio caesarea*, keperawatan *recovery room*

ABSTRACT

MUHAMMADIYAH UNIVERCITY OF JEMBER
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**Analytical Study: The Implementation Of Blanket Warmer In Primiparous Post-Caesarean Section Patients With Nursing Problem Of Hypothermia
In The Recovery Room Of Rsd Dr. Soebandi Jember**

Abstract

Background: Hypothermia is a common postoperative complication experienced by primiparous patients following cesarean section, primarily due to spinal anesthesia, exposure to cold operating room environments, and limited mobility post-surgery. If not managed properly, hypothermia may lead to circulatory disturbances, increased risk of bleeding, delayed wound healing, and extended recovery time. One of the non-pharmacological interventions to address this issue is the use of a blanket warmer. However, the implementation of blanket warmers has not become a standard procedure in many healthcare facilities, including the recovery room of RSD dr. Soebandi Jember. **Method:** This descriptive case study involved three primiparous patients who experienced hypothermia (body temperature $<36^{\circ}\text{C}$) after cesarean section. Data were collected through interviews, observation, and nursing documentation, focusing on the nursing process including assessment, diagnosis, planning, intervention, implementation, and evaluation of the blanket warmer application. **Results:** Following the intervention, all three patients showed a significant improvement in body temperature (average 36.5°C), reduced shivering, increased comfort levels, and stabilization of vital signs. The evaluation indicated that the blanket warmer was effective in regulating body temperature and supporting early postoperative recovery. **Conclusion:** The use of a blanket warmer is proven to be an effective nursing intervention for managing hypothermia in primiparous patients after cesarean section. This intervention is recommended to be included as part of standard postoperative nursing care protocols. **Keywords:** Blanket warmer, hypothermia, post cesarean section, primiparous, nursing care

Keywords: Pulmonary tuberculosis, OAT, non-adherence, nursing assessment, inpatient care