

## Pencegahan menggigil pasca anestesia inhalasi O<sub>2</sub>/N<sub>2</sub>O/isofluran: Perbandingan premedikasi klonidin 1,5µG/KG BB dengan meperidin 0,35/KG BB pasca operasi

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### Abstrak

Tujuan: Membandingkan keefektifan klonidin dan meperidin dalam mencegah menggigil pasca anestesia umum.

Metode: Uji Klinik Acak Tersamar Ganda. Penelitian dilakukan di Instalasi Bedah Pusat RSCM pada bulan Maret sampai Mei 2006, dengan jumlah sampel 61 (orang) dan dikeluarkan 5 sampel, sehingga tersisa 56 sampel yang menjalani operasi berencana dan anestesia umum. Pasien dibagi secara acak kedalam 2 kelompok; 28 pasien mendapatkan klonidin 1,54g/kgBB sebagai premedikasi dan 28 pasien lainnya mendapatkan meperidin 0,35mg ketika isofluran dihentikan. Dilakukan pencatatan pasca operasi kejadian menggigil pada kedua perlakuan, dilakukan juga pencatatan terhadap efek samping pada kedua kelompok perlakuan. Analisa statistik untuk melihat perbedaan kekerapan antara kedua perlakuan dilakukan uji Chi Square.

Hasil: Tidak terdapat perbedaan yang bermakna secara statistik antara kedua kelompok perlakuan dalam hal kekerapan kejadian menggigil.

*Objective: To compare the effectiveness of Clonidin and Meperidin in preventing the post-anesthesia shivering.*

*Methods: Double-blinded, randomized clinical trial. The study was conducted at Cipto Mangunkusumo Hospital Central Surgery Room from March until May 2006 to 61 adult patients who went to elective surgery and were planned to be under general anesthesia, 5 of them were excluded. The rest were divided randomly into two groups; 28 patients were given 1,5 µg/kg BW Clonidin intravenously as premedication and the other 28 patients were given 0,35 mg/kg BW Meperidin intravenously when Isoflurane was stop. The incidence of post-anesthesia shivering and adverse-effect on both groups were recorded. Chi Square method was performed to identify the frequency difference between the two groups.*

*Result: There were no significant statistical differences' between the two groups in a matter of frequency of shivering.*