

Perbandingan antara pemberian krim emla dengan lidokain infiltrasi untuk mengurangi nyeri saat pungsi epidural

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Abstrak

Tujuan Mengetahui efektifitas krim EMLA dalam mengurangi kekerapan dan derajat nyeri saat dilakukan pungsi epidural.

Metode Up Klinik Acak Ganda Penelitian dilakukan di Instalasi Bedah Pusat RSCM pada bulan Februari sampai dengan Maret 2006 dengan jumlah sampel 64 pasien dewasa yang menjalani operasi berencana dan anestesia epidural Pasien dibagi secara acak ke dalam 2 kelompok 32 pasien mendapatkan 25 gram krim EMLA dioleskan pada daerah L4/5 90 menit sebelum dilakukan pungsi epidural dan 32 pasien lainnya mendapatkan 20 mg Lidokain infiltrasi 2 menit sebelum pungsi epidural Dilakukan pencatatan nilai Visual Analogue Scale dan derajat nyeri secara obyektif saat jarum epidural mencapai kedalaman 0,5-1 cm dan permukaan kulit dan pada saat engaged Analisa statistik untuk melihat perbedaan kekerapan antara kedua perlakuan menggunakan uji Chi Square sedangkan untuk membandingkan derajat nyeri kedua perlakuan menggunakan uji Kolmogorov Smirnov.

Hasil Tidak terdapat perbedaan yang bermakna secara statistik antara kedua kelompok perlakuan dalam hal kekerapan dan derajat nyeri yang dihasilkan saat pungsi epidural.

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Objective To observe the effectiveness of EMLA cream in reducing the frequency and degree of pain in epidural puncture

Methods Non blinded randomized clinical trial The study was conducted at Cipto Mangunkusumo Hospital Central Surgery Room from February until March 2006 to 64 adult patients who went to elective surgery and were planned to be under epidural anesthesia Patients were divided randomly into two groups The EMLA group was consist of thirty two patients rubbed with 25 gram EMLA cream on their L4/5 area ninety minutes before the epidural puncture began The other thirty two patients was infiltrated with 20 mg Lidocaine two minutes before the epidural puncture. When the epidural needle-puncture reached the depth of 0,5-1 cm from the skin surface and when engaged Visual Analogue Scale and degree of pain was recorded objectively Chi Square method was performed to identify the frequency difference between the two groups While at the same time Kolmogorov-Smirnov method was also performed to identify the degree of pain difference between the two groups.

Conclusion There were no significant statistical differences between the two groups in a matter of frequency and degree of pain in epidural puncture