Hubungan suhu tubuh dengan kadar laktat pada pasien dewasa pascaoperasi di Intensive Care Unit Rumah Sakit Cipto Mangunkusumo = The association of body temperature with lactate levels in postoperative adult patients in the Intensive Care Unit of Cipto Mangunkusumo Hospital

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Abstrak

ABSTRAK
Pendahuluan: Pasien pascaoperasi berisiko mengalami perubahan suhu tubuh. Upaya tubuh untuk mengembalikan suhu tubuh ke dalam rentang normal akan meningkatkan kebutuhan tubuh akan oksigen. Pada pasien kritis, kadar laktat >2 mmol/L merupakan prediktor morbiditas dan mortalitas. Kadar laktat dapat meningkat ketika terdapat gangguan perfusi jaringan. Hipoperfusi jaringan dapat terjadi karena hipotermia. Berdasarkan hal tersebut, penelitian ini dilakukan untuk membuktikan hipotesisnya yaitu adanya hubungan antara suhu tubuh dengan kadar laktat pada pasien dewasa pascaoperasi. Metode: Penelitian ini bersifat analitik observasional dengan desain potong lintang. Data diperoleh dari 194 rekam medis pasien pascaoperasi di ICU Rumah Sakit Cipto Mangunkusumo, Jakarta. Data yang dianalisa adalah suhu tubuh dan kadar laktat saat pasien masuk ICU. Uji yang dilakukan adalah uji korelasi Spearman menggunakan perangkat lunak SPSS versi 20. Hasil: Dari 194 pasien dewasa pascaoperasi di ICU Rumah Sakit Cipto Mangunkusumo, didapatkan rerata suhu tubuh 36.3°C dan rerata kadar laktat adalah 1,7 mmol/L. Korelasi antara suhu tubuh dan kadar laktat dianalisis dengan uji korelasi Spearman dan menghasilkan korelasi positif lemah yang bermakna secara statistik dengan nilai r=0,2 (p=0,005). Kesimpulan: Terdapat hubungan berupa korelasi positif antara suhu tubuh dengan kadar laktat pasien dewasa pascaoperasi di ICU.
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<i>ABSTRACT
Introduction: Postoperative patients are at risk of experiencing changes in body temperature. The bodys effort to restore body temperature to its normal range will increase the bodys need for oxygen. In critical patients, lactate levels >2 mmol/L is a predictor of morbidity and mortality. Lactate levels might increase when there is tissue perfusion impairment. Tissue hypoperfusion can occur due to hypothermia. Based on that, this study was conducted to prove its hypothesis that there is a relationship between body temperature and lactate levels in postoperative adult patients. Method: This study is an observational analytic study with a cross-sectional design. Data was collected from 194 medical records of postoperative patients in the ICU of Cipto Mangunkusumo Hospital, Jakarta. The analyzed data was body temperature and lactate level at the time patients moved into ICU. The applied test was Spearman correlation test using SPSS version 20 software. Results: Obtained from 194 postoperative adult patients in the ICU of Cipto Mangunkusumo Hospital, the average body temperature was 36.3°C and the average lactate level was 1,7 mmol/L. Correlations between body temperature and lactate levels were analyzed by the Spearman correlation test and resulted in a statistically significant positive weak correlation with a value of r=0,2 (p=0,005). Conclusion: There is a relationship in the form of a weak positive correlation between body temperature with lactate level of postoperative adult patients in ICU.<i/>