

# Perbandingan efektivitas dan efek samping penambahan klonidin 30 mcg pada kombinasi anestesi spinal bupivakain dan fentanil pada pasien seksio sesarea = Comparison of effectiveness and side effects of the addition of 30 mcg of clonidine in a combination of spinal anesthesia with bupivacaine and fentanyl in cesarean section patients

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## Abstrak

Latar belakang. Kombinasi anestesi spinal bupivakain dan fentanil dengan penambahan klonidin dosis tinggi diketahui dapat memperpanjang durasi blok sensorik dan motorik, namun prevalensi timbulnya efek samping cukup tinggi. Dalam studi ini, kami menggunakan klonidin dosis rendah secara intratekal (30 mcg) sebagai adjuvan bupivakain dan fentanil.

Tujuan. Penelitian dilakukan untuk membandingkan efektifitas serta efek samping pada kombinasi anestesi spinal bupivakain fentanil dengan dan tanpa klonidin 30 mcg.

Metode. Penelitian studi potong lintang yang dilakukan pada 70 pasien seksio sesarea terbagi kedalam dua kelompok masing-masing 35 pasien yang mendapatkan kombinasi anestesi spinal dengan penambahan klonidin 30 mcg dan tanpa klonidin 30 mcg. Penelitian ini mengevaluasi kualitas blok sensorik dan motorik. Efek samping yang terjadi diamati selama 24 jam paska tindakan seksio sesarea meliputi pruritus, mual muntah, nyeri tungkai, nyeri punggung dan mata merah.

Hasil Penelitian. Median durasi blok sensorik kelompok kombinasi anestesi bupivakain fentanil dengan klonidin 30 mcg dibandingkan tanpa klonidin 30 mcg (330 menit vs 220 menit), Median durasi blok motorik (193 menit vs 188 menit). Efek samping tertinggi adalah mual muntah terdapat pada kelompok kombinasi tanpa klonidin 30 mcg (42.85%). Perbedaan bermakna ( $p$ -value < 0.05) terdapat pada durasi blok sensorik, blok motorik dan efek samping mual muntah.

Kesimpulan. Penambahan klonidin 30 mcg pada kombinasi anestesi spinal bupivakain fentanil dapat memperpanjang durasi blok sensorik dan motorik serta meminimalisir efek samping dibandingkan dengan tanpa klonidin 30 mcg.

.....Background. The combination of the spinal anesthesia bupivacaine and fentanyl with the addition of high doses of clonidine are known to prolong the duration of sensory and motor blocks, but the prevalence of side effects is high. In this study, we used an intrathecally low dose of clonidine (30 mcg) as an adjuvant to bupivacaine and fentanyl.

Aim. This study was conducted to compare the effectiveness and side effects of the combination spinal anesthesia bupivacaine fentanyl with and without clonidine 30 mcg.

Method. Cross-sectional study conducted on 70 patients with cesarean section divided into two groups of 35 patients each who received a combination of spinal anesthesia with the addition of clonidine 30 mcg and without clonidine 30 mcg. This study evaluates the quality of the sensory and motor blocks. Side effects observed for 24 hours after cesarean section included pruritus, nausea, vomiting, leg pain, back pain and red eyes.

Result. Median sensory block duration in the combination group of the anesthetic bupivacaine fentanyl with clonidine 30 mcg compared without clonidine 30 mcg (330 min vs 220 min), Median motor block duration

(193 min vs 188 min). The highest side effect was nausea and vomiting in the combination group without clonidine 30 mcg (42.85%). Significant differences (p-value <0.05) were found in the duration of sensory blocks, motor blocks and side effects of nausea and vomiting.

Conclusion. The addition of clonidine 30 mcg to the combination of spinal anesthesia bupivacaine fentanyl can prolong the duration of sensory and motor blocks and minimize side effects compared to 30 mcg without clonidine.