Perbandingan Kumur Magnesium Sulfat dengan Kumur Benzydamine Hydrochloride Dalam Mengurangi Kejadian Nyeri Tenggorok Setelah Pemasangan Laryngeal Mask Airway = Comparison of Magnesium Sulfate Gargle with Benzydamine Hydrochloride Gargle in Reducing Postoperative Sore Throat After Insertion of a Laryngeal Mask Airway

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Abstrak

Pendahuluan. Angka kejadian POST dilaporkan dapat mencapai 60%. LMA masih memiliki kejadian POST hingga 26.3%. Berkumur dengan benzydamine hydrochloride terbukti efektif mengurangi POST, namun distribusinya di Indonesia belum merata. Kumur magnesium sulfat dapat dijadikan alternatif untuk mengurangi POST, harga dan distribusinya lebih merata. Penelitian ini bertujuan untuk membandingkan efektifitas kumur magnesium sulfat dengan benzydamine hydrochloride dalam mengurangi POST pascapemasangan LMA. Metode. Penelitian ini merupakan uji klinis acak tersamar tunggal. Sebanyak 164 subjek penelitian diambil secara consecutive sampling. Subjek penelitian mendapatkan botol penelitian yang berisikan obat kumur yang sudah dirandomisasi, dilanjutkan dengan prosedur anestesi. Setelah selesai operasi, pasien akan dinilai : kejadian nyeri tenggorok, derajat nyeri tenggorok, efek samping, odinofagia dan disfagia pada jam ke 2, 6, 24 dan 48 pascaoperasi. Hasil. Berdasarkan hasil penelitian, tidak didapatkan perbedaan bermakna antara kedua kelompok; pada kejadian nyeri tenggorok pasca-LMA di jam ke 2, 6 dan 24 dengan nilai P > 0.05 dan perbandingan derajat nyeri pasca-LMA kedua kelompok dengan nilai P > 0.05. Kejadian odinofagia kedua kelompok rendah dan hampir serupa. Tidak didapatkan efek samping dan kejadian disfagia pada penelitian ini. Simpulan. Kumur magnesium sulfat memiliki efektifitas yang tidak lebih buruk dibandingkan dengan kumur benzydamine hydrochloride dalam mengurangi kejadian nyeri tenggorok pascapemasangan LMA

.....Introduction. The reported incidence of POST can reach 60%. LMA still has a POST incidence of up to 26.3%. Gargling with benzydamine hydrochloride has been proven to be effective in reducing POST, but its distribution in Indonesia is not evenly distributed. Magnesium sulfate gargle can be used as an alternative to reduce POST; its price and distribution are more even. This study aims to compare the effectiveness of magnesium sulfate gargle with benzydamine hydrochloride in reducing POST after LMA insertion. Method. This study was a single-blind, randomized clinical trial. A total of 164 research subjects were selected by consecutive sampling. Research subjects received research bottles containing randomized mouthwash, followed by an anesthesia procedure. After completion of the operation, the patient will be assessed for the incidence of throat pain, the degree of throat pain, side effects, odynophagia, and dysphagia at 2, 6, 24, and 48 hours after surgery. Results. Based on the research results, there were no significant differences between the two groups on the incidence of post-LMA throat pain at 2, 6, and 24 hours with a P value > 0.05 and a comparison of the degree of post-LMA pain between the two groups with a P value > 0.05. The incidence of odynophagia in both groups was low and almost similar. There were no side effects or incidences of dysphagia in this study. Conclusion. Magnesium sulfate gargle has no worse effectiveness than benzydamine hydrochloride gargle in reducing POST after LMA insertion.