

ANALISIS ASUHAN KEPERAWATAN DENGAN PENERAPAN *HOT PACK* TERHADAP KEJADIAN HIPOTERMI PADA PASIEN POST OPERASI FRAKTUR FEMUR YANG DBERIKAN ANESTESI SPINAL

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Abstrak

Hipotermia merupakan penurunan suhu tubuh di bawah batas normal yang sering terjadi pada pasien pascaoperasi, termasuk setelah tindakan Open Reduction and Internal Fixation (ORIF). Kondisi ini dipengaruhi oleh efek anestesi, paparan suhu ruang operasi, gangguan termoregulasi, serta durasi pembedahan yang panjang operasi dengan waktu lebih dari dua jam terbukti meningkatkan risiko terjadinya hipotermia. Jika tidak segera ditangani, hipotermia dapat menimbulkan shivering, ketidaknyamanan, peningkatan kebutuhan oksigen, dan memperlambat proses pemulihan. Salah satu intervensi nonfarmakologis yang efektif adalah terapi hot pack bersuhu 40–45°C yang bekerja melalui vasodilatasi perifer, peningkatan perfusi kulit, dan penurunan rangsang dingin pada reseptor saraf. Pada pasien pasca ORIF, hot pack diberikan selama 15–20 menit pada area aksila dan lipat paha. Evidence Based Nursing menunjukkan peningkatan suhu tubuh dari 35,1°C menjadi 36,1°C pada pasien kelolaan dan dari 34,8°C menjadi 36,0°C pada pasien resume. Intensitas shivering menurun dari grade 3–4 menjadi grade 0, dengan peningkatan kenyamanan serta stabilitas hemodinamik. Hasil ini mendukung bahwa hot pack efektif sebagai terapi komplementer untuk penanganan hipotermia pascaoperasi.

Kata Kunci: Hipotermia; ORI; *Hot Pack*; Termoregulasi; *Evidence Based Nursing*.

***NURSING CARE ANALYSIS WITH THE APPLICATION OF HOT PACK ON
THE OCCURRENCE OF HYPOTHERMIA IN POSTOPERATIVE FEMUR
FRACTURE PATIENTS WHO WERE ADMINISTERED SPINAL
ANESTHESIA***

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Abstract

Hypothermia is a decrease in body temperature below the normal threshold and is commonly encountered in postoperative patients, particularly after Open Reduction and Internal Fixation (ORIF) procedures. This condition arises from the effects of anesthesia, exposure to the low temperature of the operating room, and impaired thermoregulation during surgery. If not promptly managed, hypothermia may lead to shivering, discomfort, increased oxygen demand, and delayed recovery. One of the effective non-pharmacological interventions to elevate body temperature is hot pack therapy, which works through peripheral vasodilation, enhanced skin perfusion, and reduced cold stimuli on sensory receptors. In postoperative ORIF patients, hot packs were applied for 15 minutes to the axillary and inguinal areas. Evidence-Based Nursing application showed an increase in body temperature from 35.1°C to 36.1°C in the managed patient and from 34.8°C to 36.0°C in the resume patient. Shivering intensity significantly decreased from grade 3–4 to grade 0, accompanied by improved comfort and hemodynamic stability. These findings demonstrate that hot pack therapy is effective as a complementary intervention for managing postoperative hypothermia and can be recommended for evidence-based nursing practice.

Keywords: Hypothermia; ORIF; Hot Pack; Thermoregulation; Evidence-Based Nursing.