

ABSTRAK

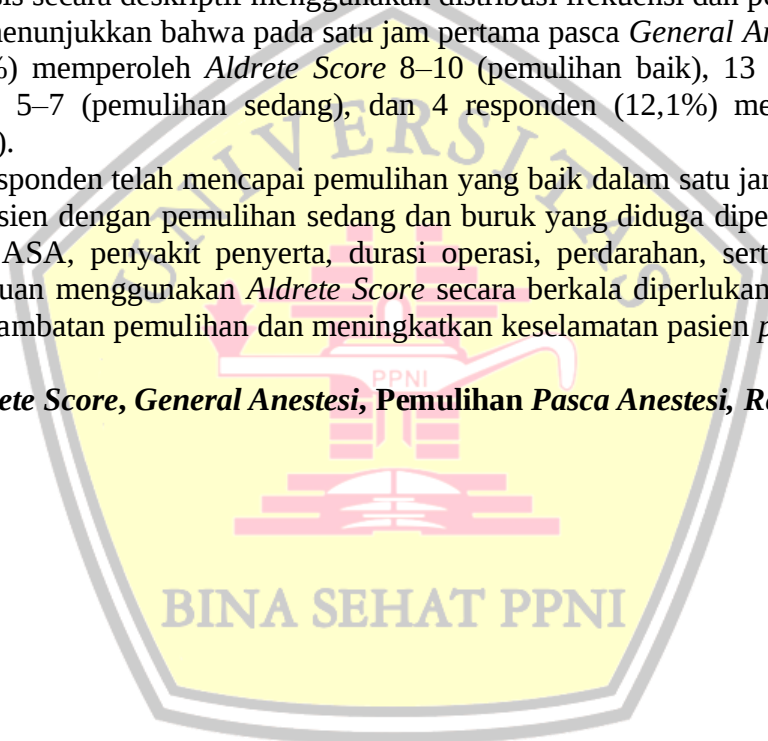
Pemulihan *pasca General Anestesi* merupakan fase kritis yang memerlukan pemantauan untuk mencegah komplikasi seperti gangguan respirasi, ketidakstabilan hemodinamik, dan keterlambatan pulih sadar. *Aldrete Score* digunakan sebagai instrumen untuk menilai kesiapan pasien keluar dari *Recovery Room* (RR). Penelitian ini bertujuan mengetahui representatif tingkat pemulihan *pasca General Anestesi* berdasarkan *Aldrete Score* di Ruang RR RSPAL Dr. Ramelan Surabaya.

Metode Penelitian ini menggunakan desain deskriptif observasional dengan pendekatan *cross-sectional*. Populasi penelitian adalah 36 pasien *pasca General Anestesi* di Ruang RR RSPAL Dr. Ramelan Surabaya. Sampel sebanyak 33 responden dipilih menggunakan teknik *probability sampling* dengan *random sampling*. Data dikumpulkan menggunakan lembar observasi *Aldrete Score* dan dianalisis secara deskriptif menggunakan distribusi frekuensi dan persentase.

Hasil penelitian menunjukkan bahwa pada satu jam pertama *pasca General Anestesi* sebanyak 16 responden (48,5%) memperoleh *Aldrete Score* 8–10 (pemulihan baik), 13 responden (39,4%) memperoleh skor 5–7 (pemulihan sedang), dan 4 responden (12,1%) memperoleh skor <5 (pemulihan buruk).

Sebagian besar responden telah mencapai pemulihan yang baik dalam satu jam pertama. Namun, masih terdapat pasien dengan pemulihan sedang dan buruk yang diduga dipengaruhi oleh faktor usia, status fisik ASA, penyakit penyerta, durasi operasi, perdarahan, serta efek residu obat anestesi. Pemantauan menggunakan *Aldrete Score* secara berkala diperlukan untuk mendukung deteksi dini keterlambatan pemulihan dan meningkatkan keselamatan pasien *pasca anestesi*.

Kata kunci: *Aldrete Score, General Anestesi, Pemulihan Pasca Anestesi, Recovery Room.*



ABSTRACT

Recovery after general anesthesia is a critical phase that requires Monitoring to prevent complications such as respiratory disorders, hemodynamic instability, and delayed regaining consciousness. Aldrete Score is used as an Instrument to assess the patient's readiness to leave the Recovery Room (RR). This study aims to determine the representative level of Recovery after general anesthesia based on the Aldrete Score in the RR Room of RSPAL Dr. Ramelan Surabaya. This research method uses an observational descriptive Design with a cross-sectional approach. The study population was 36 patients after general anesthesia in the RR Room of RSPAL Dr. Ramelan Surabaya. A Sample of 33 respondents was selected using probability sampling techniques with random sampling. Data were collected using the Aldrete Score observation sheet and analyzed descriptively using frequency and percentage distributions. The results showed that in the first hour after general anesthesia, 16 respondents (48.5%) obtained an Aldrete Score of 8–10 (good Recovery), 13 respondents (39.4%) obtained a score of 5–7 (moderate Recovery), and 4 respondents (12.1%) obtained a score of <5 (poor Recovery). Most respondents have achieved a good Recovery within the first hour. However, there are still patients with moderate and poor Recovery who are suspected to be influenced by age, ASA physical status, comorbidities, duration of surgery, bleeding, and residual effects of anesthetic drugs. Periodic Monitoring using the Aldrete Score is necessary to support early detection of delayed Recovery and improve patient safety after anesthesia.

Keywords: Aldrete Score, General Anesthesia, Post-Anesthesia Recovery, Recovery Room.



