ABSTRAK

Hubungan Usia dan Lama Durasi Operasi Dengan Status Pemulihan Pasien Berdasarkan *Aldrete Score* di *Recovery Room* RSUD Bangil

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Pemulihan pascaanestesi merupakan fase yang memerlukan pemantauan fisiologis secara sistematis sebelum pasien dipindahkan dari *Recovery Room*. Usia dan lama durasi operasi merupakan karakteristik yang dapat berkaitan dengan kecepatan pemulihan pasien setelah anestesi dan pembedahan. Penelitian ini bertujuan mengetahui hubungan usia dan lama durasi operasi dengan status pemulihan pasien berdasarkan *Aldrete Score* di *Recovery Room* RSUD Bangil. Penelitian ini menggunakan desain analitik observasional dengan pendekatan *cross-sectional* retrospektif. Populasi penelitian adalah pasien yang menjalani operasi dengan *general anesthesia* dan mendapatkan perawatan di *Recovery Room* RSUD Bangil. Sampel dipilih menggunakan *consecutive sampling*. Data usia, lama durasi operasi, dan status pemulihan diperoleh dari rekam medis, catatan anestesi, serta lembar observasi *Aldrete Score*. Status pemulihan ditentukan berdasarkan waktu pertama pasien mencapai *Aldrete Score* ≥9, kemudian dikategorikan menjadi ≥9 dan <9. Analisis hubungan dilakukan menggunakan uji *Pearson Chi-Square* dengan tingkat kemaknaan α=0,05. Hasil penelitian menunjukkan bahwa responden didominasi kelompok pralansia. Sebagian besar responden menjalani operasi dengan durasi ≤120 menit. Sebagian besar responden memiliki status pemulihan <9 dan belum siap dipindah. Hasil analisis menunjukkan adanya hubungan antara usia dengan status pemulihan pasien serta hubungan antara lama durasi operasi dengan status pemulihan pasien. Peningkatan usia berkaitan dengan perubahan fisiologis dan penurunan cadangan organ yang dapat memperlambat proses pemulihan pascaanestesi. Durasi operasi yang lebih panjang dapat meningkatkan paparan terhadap anestesi dan perubahan fisiologis selama pembedahan. Kondisi tersebut dapat memperpanjang waktu yang dibutuhkan pasien untuk mencapai *Aldrete Score* ≥9.

Kata kunci: usia, lama durasi operasi, status pemulihan, *Aldrete Score, Recovery Room*

ABSTRACT

The Relationship Between Age and Operation Duration with Patient Recovery Status Based on the *Aldrete Score* in the *Recovery Room* of Bangil Regional General Hospital

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Post- anesthesia recovery is a phase that requires systematic physiological monitoring before patients can be transferred from the Recovery Room. Age and operation duration are patient and procedural characteristics that may be associated with the rate of recovery after anesthesia and surgery. This study aimed to determine the relationship between age and operation duration and patient recovery status based on the Aldrete Score in the Recovery Room of Bangil Regional General Hospital. This study employed an observational analytic design with a retrospective cross-sectional approach. The study population consisted of patients who underwent surgery under general anesthesia and received care in the Recovery Room of Bangil Regional General Hospital. Participants were selected using consecutive sampling. Data on age, operation duration, and recovery status were obtained from medical records, anesthesia records, and Aldrete Score observation sheets. Recovery status was determined based on the first time the patient achieved an Aldrete Score of ≥9 and was categorized as ≥9 or <9. The relationships between the variables were analyzed using the Pearson Chi-Square test with a significance level of $\alpha = 0.05$. The results showed that the respondents were predominantly in the pre-elderly age group. Most respondents underwent surgery with an operation duration of ≤120 minutes. Most respondents had a recovery status of <9 and were not yet ready for transfer. The analysis demonstrated a relationship between age and patient recovery status, as well as between operation duration and patient recovery status. Increasing age is associated with physiological changes and reduced organ reserve that may delay post-anesthesia recovery. Longer operation duration may increase exposure to anesthetic agents and physiological changes during surgery. These conditions may prolong the time required for patients to achieve an Aldrete Score of ≥9.

Keywords: age, operation duration, recovery status, Aldrete Score, Recovery Room