

ABSTRAK

Latar Belakang : Pembedahan merupakan tindakan medis invasif yang berisiko menimbulkan komplikasi, salah satunya hipotermi pasca operasi akibat efek anestesi, suhu ruangan rendah, dan penggunaan cairan infus dingin. Hipotermi dapat berdampak pada peningkatan morbiditas, melambatnya pemulihan anestesi, peningkatan perdarahan, serta infeksi luka operasi. Intervensi nonfarmakologis seperti *blanket warmer* terbukti efektif dalam meningkatkan suhu tubuh pasien pasca operasi. **Tujuan :** Penelitian ini bertujuan untuk mengetahui efektivitas pemberian *blanket warmer* terhadap pasien hipotermi post operasi laparoskopi dengan diagnosis medis kolelitiasis di Recovery Room RSUP Tadjuddin Chalid Makassar. **Metode Penelitian :** menggunakan metode studi kasus dengan pendekatan model asuhan keperawatan pada pasien dengan pengukuran suhu tubuh pasien sebelum dan sesudah pemasangan *blanket warmer* selama 30 menit. **Hasil :** Setelah dilakukan penerapan manajemen hipotermi melalui pemberian *blanket warmer* pada pasien post operasi laparoskopi keluhan menggigil dan pucat menurun, Implementasi intervensi *blanket warmer* terbukti efektif dalam membantu pemulihan termoregulasi pasien pasca operasi.

Kata Kunci : Hipotermia, Selimut Penghangat, Laparoskopi, Kolelitiasis

ABSTRACT

Background : Surgery is an invasive medical procedure that carries the risk of complications, one of which is postoperative hypothermia caused by the effects of anesthesia, low room temperature, and the use of cold intravenous fluids. Hypothermia can lead to increased morbidity, delayed recovery from anesthesia, excessive bleeding, and surgical site infections. Non-pharmacological interventions such as blanket warmers have been proven effective in increasing patients' body temperature after surgery. **Objective :** This study aims to determine the effectiveness of blanket warmer application in patients with postoperative hypothermia after laparoscopic surgery with a medical diagnosis of cholelithiasis in the Recovery Room of RSUP Tadjuddin Chalid Makassar. **Method :** This study used a case study method with a nursing care model approach, measuring the patient's body temperature before and after the application of a blanket warmer for 30 minutes. **Results :** After the implementation of hypothermia management using a blanket warmer in a postoperative laparoscopic patient, complaints of shivering and pallor decreased. The implementation of the blanket warmer intervention proved effective in helping restore the patient's thermoregulation after surgery.

Keywords: Hypothermia, Blanket Warmer, Laparoscopy, Cholelithiasis.