CORRELATION BETWEEN PREOPERATIVE FASTING DURATION AND POSTOPERATIVE NAUSEA AND VOMITING (PONV) IN ELECTIVE PATIENTS UNDERGOING GENERAL ANESTHESIA AT RSI AISYIYAH MALANG

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ABSTRACT

Preoperative fasting is a standard procedure to reduce the risk of aspiration during general anesthesia. However, excessively prolonged fasting may lead to patient discomfort and increase postoperative complications, particularly Postoperative Nausea and Vomiting (PONV). This study aimed to examine the relationship between fasting duration and the incidence of PONV in elective patients undergoing general anesthesia at RSI Aisyiyah Malang. An analytical observational design with a cross-sectional approach was employed. The sample consisted of elective patients meeting inclusion criteria, selected through purposive sampling. Research instruments included demographic observation sheets and the Rhodes Index of Nausea, Vomiting, and Retching (RINVR) questionnaire to assess PONV. Data analysis was conducted using the Spearman Rank test. Findings revealed that patients fasting for 6–8 hours experienced a lower incidence of PONV compared to those fasting for more than 8 hours. Statistical analysis confirmed a significant relationship between fasting duration and PONV occurrence ($p < 0.05$). Thus, adherence to recommended fasting duration (6–8 hours) effectively reduces the risk of PONV in elective patients under general anesthesia. These results highlight the importance of implementing appropriate fasting protocols to ensure patient safety, comfort, and improved postoperative outcomes.

Keywords: Preoperative fasting, general anesthesia, PONV, fasting duration, elective surgery.