

**PENGARUH PEMBERIAN KOMBINASI *HOTPACK* DAN
MINYAK KAYU PUTIH TERHADAP *GRADE SHIVERING*
PASIEN *POST SECTIO CAESAREA* DI RS WAWA HUSADA**

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ABSTRAK

Latar Belakang: *Shivering* merupakan komplikasi umum pasca operasi *sectio caesarea* dengan anestesi spinal yang menimbulkan ketidaknyamanan serta meningkatkan risiko gangguan metabolik dan kardiovaskular. Upaya nonfarmakologis pemberian *hotpack* hanya menurunkan *shivering* hingga *grade* dua, sedangkan minyak kayu putih hanya mencapai *grade* satu. Efektivitas terbatas ini menunjukkan perlunya kombinasi intervensi untuk hasil optimal hingga *shivering* dapat mencapai *grade nol*. **Tujuan Penelitian:** Menganalisis pengaruh kombinasi *hotpack* dan minyak kayu putih terhadap *grade shivering* pasien *post sectio caesarea* dan Menganalisis perbedaan *grade shivering* antara kelompok perlakuan dan kontrol di RS Wawa Husada. **Metode Penelitian:** *Quasi experimental* dengan *pretest-posttest control group*. Sampel berjumlah 36 responden, terbagi menjadi kelompok perlakuan (n=18) dan kontrol (n=18) dengan *purposive sampling*. Analisis data menggunakan uji *Wilcoxon* dan *Mann-Whitney*. **Hasil Penelitian:** Pada kelompok kontrol rata-rata *grade shivering* 3,56 menjadi 2,94 (p=0,002) penurunan ini akibat efek isolasi panas dari pemberian selimut. Pada kelompok perlakuan, penurunan *shivering* lebih signifikan dari 3,39 menjadi 1,28 (p=0,000). Uji *Mann-Whitney* menunjukkan perbedaan signifikan antar kelompok (p=0,000) dengan penurunan lebih besar pada kelompok perlakuan. Mekanisme kerja kombinasi melibatkan konduksi, evaporasi, vasodilatasi, isolasi panas, serta stimulasi reseptor TRPM8 oleh minyak kayu putih yang memberi sensasi hangat palsu sehingga menekan *shivering*. **Kesimpulan:** Kombinasi *hotpack* dan minyak kayu putih efektif menurunkan *grade shivering* pada pasien *post sectio caesarea* dibandingkan intervensi standar, sehingga dapat direkomendasikan sebagai alternatif nonfarmakologis dalam manajemen *shivering* pasca operasi. **Kata Kunci:** *shivering*, *hotpack*, minyak kayu putih, *sectio caesarea*, nonfarmakologis

THE EFFECT OF COMBINING HOT PACKS AND CAJUPUT OIL ON SHIVERING GRADE IN POST-CESAREAN SECTION PATIENTS AT WAVA HUSADA HOSPITAL

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ABSTRACT

Background: Shivering is a common complication following cesarean section with spinal anesthesia, causing discomfort and increasing the risk of metabolic and cardiovascular disturbances. Non-pharmacological interventions such as hot packs can only reduce shivering to grade two, while eucalyptus oil only reaches grade one. This limited effectiveness indicates the need for a combination of interventions to achieve optimal outcomes until shivering reaches grade zero. **Objective:** To analyze the effect of combining hot packs and eucalyptus oil on shivering grade in post-cesarean section patients and to examine the differences in shivering grade between the treatment and control groups at Wava Husada Hospital. **Methods:** A quasi-experimental study with a pretest-posttest control group design. A total of 36 respondents were included, divided into treatment (n=18) and control (n=18) groups using purposive sampling. Data were analyzed using the Wilcoxon and Mann-Whitney tests. **Results:** In the control group, the mean shivering grade decreased from 3.56 to 2.94 ($p=0.002$), attributed to the heat isolation effect of blankets. In the treatment group, the reduction was more significant, from 3.39 to 1.28 ($p=0.000$). Mann-Whitney analysis showed a significant difference between groups ($p=0.000$), with a greater reduction in the treatment group. The mechanism of the combined intervention involves conduction, evaporation, vasodilation, heat isolation, and stimulation of TRPM8 receptors by eucalyptus oil, producing a pseudo-warming sensation that suppresses shivering. **Conclusion:** The combination of hot packs and eucalyptus oil is effective in reducing shivering grade in post-cesarean section patients compared to standard intervention, and can be recommended as a non-pharmacological alternative in postoperative shivering management.

Keywords: shivering, hotpack, eucalyptus oil, cesarean section, non-pharmacological