

ABSTRAK

**PENERAPAN PROTOKOL ERAS (*ENHANCED RECOVERY AFTER SURGERY*)
PADA PERIODE PRA-OPERATIF PASIEN OPERASI DI RSUD DR. SOETOMO
SURABAYA**

Latar Belakang: Dalam sistem kesehatan BPJS, kualitas pelayanan harus dimaksimalkan sedangkan biaya dan beban rumah sakit harus diminimalisir. Protokol ERAS dapat menjadi solusi untuk membuat pelayanan rumah sakit menjadi lebih efektif. Hal ini dikarenakan protokol ERAS dapat memaksimalkan penyembuhan pasien dengan lama rawat inap yang sedikit dan biaya yang efisien. Penerapan Protokol ERAS dapat mengurangi biaya dan beban baik pada pasien maupun kepada rumah sakit

Tujuan: Tujuan penelitian ini adalah mengetahui gambaran dan konsistensi penerapan ERAS pada periode pra-operatif pasien operasi di RSUD Dr. Soetomo Surabaya

Metode: Penelitian dilakukan dengan cara observasi pasien operasi selama 4 minggu secara konsekutif. Jenis operasi yang diobservasi adalah operasi digestif, operasi toraks-kardiovaskular, dan operasi ginekologi. Peneliti mengobservasi protokol ERAS pasien pada periode pra-operatif dan efek, komplikasi, serta lama rawat inap pada paska-operatif. Masing-masing elemen ERAS periode pra-operatif akan dihitung kepatuhannya. Jumlah pasien dikelompokkan berdasarkan kepatuhan protokol ERAS periode pra-operatif. Kemudian pasien akan dibagi menurut jenis operasinya.

Hasil: Penerapan protokol ERAS pada periode pra-operatif pasien operasi besar RSUD Dr Soetomo Surabaya adalah 91% dan pasien yang memiliki kepatuhan $\geq 90\%$ sebanyak 25%. Penerapan protokol ERAS pada periode pra-operatif pasien operasi digestif RSUD Dr Soetomo Surabaya adalah 80% dan pasien yang memiliki kepatuhan $\geq 90\%$ sebanyak 0%. Penerapan protokol ERAS pada periode pra-operatif pasien operasi toraks-kardiovaskular RSUD Dr Soetomo Surabaya adalah 93,4% dan pasien yang memiliki kepatuhan $\geq 90\%$ sebanyak 64,3%. Penerapan protokol ERAS pada periode pra-operatif pasien operasi ginekologi RSUD Dr Soetomo Surabaya adalah 84,3% dan pasien yang memiliki kepatuhan $\geq 90\%$ sebanyak 0%.

Kesimpulan: Penerapan protokol ERAS pada periode pra-operatif pasien operasi besar yang terdiri dari operasi digestif, operasi toraks-kardiovaskular, dan operasi ginekologi di RSUD Dr Soetomo Surabaya secara keseluruhan telah dilakukan dan konsistensinya terhadap protokol ERAS perlu ditingkatkan.

Kata kunci: ERAS, enhanced recovery after surgery, manajemen pra-operatif, kepatuhan, penerapan.

ABSTRACT**ERAS (ENHANCED RECOVERY AFTER SURGERY) PROTOCOL COMPLIANCE
IN PRE-OPERATIVE PERIOD TOWARDS SURGERY PATIENTS IN DR
SOETOMO ACADEMIC GENERAL HOSPITAL SURABAYA**

Background: As of now, Indonesia health-care system are managed by BPJS. In BPJS health-care system, the quality of medical services must be maximized while cost and burden of hospital must be minimalized. Enhanced Recovery After Surgery (ERAS) could be a solution to make hospital medical services more effective. Compliance with ERAS protocol could maximize the healing of patients with little length of stay and cost-efficient. The application of the ERAS Protocol can reduce costs and burdens both for patients and for hospitals

Purpose: The purpose of this study was to determine the description and consistency of compliance of ERAS in the pre-operative period of surgery patients in Dr. Soetomo Surabaya

Methods: The study was conducted by consecutive observation of surgical patients for 4 weeks. The type of surgery observed was digestive surgery, thoracic-cardiovascular surgery, and gynecological surgery. The researcher observed the patient's ERAS protocol in the pre-operative period and the postoperative effects, complications, and length of stay. Each element of the ERAS pre-operative period will be calculated for compliance. The number of patients was grouped based on the ERAS protocol compliance in the pre-operative period. The the patient will be divided based on the type of surgery

Results: The overall compliance of the ERAS protocol in the pre-operative period of major surgery patients at Dr. Soetomo Hospital Surabaya was 91% and patients who had $\geq 90\%$ compliance were 25%. The compliance of the ERAS protocol in the pre-operative period of digestive surgery patients at Dr. Soetomo Hospital Surabaya was 80% and patients who had $\geq 90\%$ compliance were 0%. The compliance of the ERAS protocol in the pre-operative period of thoracic-cardiovascular surgery patients at Dr. Soetomo Hospital Surabaya was 93,4% and patients who had $\geq 90\%$ compliance were 64,3%. The compliance of the ERAS protocol in the pre-operative period of gynecologic surgery patients at Dr. Soetomo Hospital Surabaya was 84.3% and patients who had $\geq 90\%$ compliance were 0%.

Conclusion: The adherence of the ERAS protocol in the pre-operative period of major surgery patients consisted of digestive surgery, thoracic-cardiovascular surgery, and gynecological surgery at Dr. Soetomo Hospital Surabaya as a whole has been done and the consistency of adherence have to be improved.

Keywords: ERAS, enhanced recovery after surgery, preoperative management, compliance, adherence.