

ABSTRAK

Anestesi umum sering digunakan pada tindakan kuretase uterus dan dapat menimbulkan perubahan fungsi kognitif pada periode awal pasca operasi. Penilaian status kognitif pasca anestesi penting dilakukan untuk menggambarkan kondisi pasien setelah sadar penuh, namun tidak dapat digunakan sebagai dasar diagnosis POCD tanpa evaluasi lanjutan. Tujuan penelitian ini adalah mengetahui gambaran status kognitif pasien kuretase uterus sebelum dan setelah menjalani anestesi umum di Rumah Sakit Avicenna Kabupaten Bireuen. Desain penelitian ini adalah observasional deskriptif dengan *pretest–posttest* tanpa kelompok kontrol. Responden dalam penelitian ini berjumlah 55 pasien kuretase uterus yang dipilih menggunakan teknik purposive sampling. Penilaian status kognitif dilakukan menggunakan instrumen *Montreal Cognitive Assessment* versi Indonesia (MoCA-Ina) sebelum anestesi umum dan setelah pasien dinyatakan sadar penuh berdasarkan skor Aldrete 10. Hasil penelitian menunjukkan sebelum anestesi umum, seluruh responden (100%) memiliki status kognitif normal dengan rerata skor MoCA $28,22 \pm 1,50$. Setelah anestesi umum, rerata skor MoCA menurun menjadi $24,13 \pm 5,20$. Distribusi status kognitif pasca anestesi menunjukkan (58,2%) responden berada pada kategori normal, (27,3%) mengalami gangguan kognitif ringan, (14,5%) mengalami gangguan kognitif sedang. Tidak ditemukan gangguan kognitif berat. Kesimpulan dari penelitian ini adalah terdapat perubahan berupa penurunan skor status kognitif pada sebagian pasien setelah menjalani anestesi umum pada tindakan kuretase uterus. Namun, perubahan ini bersifat deskriptif dan tidak dapat digunakan untuk menegakkan diagnosis POCD tanpa pemeriksaan lanjutan.

Kata Kunci : Anestesi Umum, Status Kognitif, MoCA- Ina, Kuretase Uterus

ABSTRAK

General anesthesia is commonly used in uterine curettage procedures and may cause changes in cognitive function during the early postoperative period. Assessment of cognitive status after anesthesia is important to describe the patient's condition following full recover however, it cannot be used as a basis for diagnosing POCD without further evaluation. This study aimed to describe the cognitive status of uterine curettage patients before and after undergoing general anesthesia at Avicenna Hospital, Bireuen Regency. This study was a descriptive observational study with a pretest–posttest design without a control group. A total of 55 uterine curettage patients were included in the study using purposive sampling. Cognitive status was assessed using the Indonesian version of the Montreal Cognitive Assessment (MoCA-Ina) before general anesthesia and after the patients were fully conscious based on an Aldrete score of 10. The results showed that prior to general anesthesia, all respondents (100%) had normal cognitive status with a mean MoCA score of 28.22 ± 1.50 . After general anesthesia, the mean MoCA score decreased to 24.13 ± 5.20 . Post-anesthetic cognitive status distribution showed that (58.2%) of respondents remained in the normal category, (27.3%) experienced mild cognitive impairment, (14.5%) experienced moderate cognitive impairment. No severe cognitive impairment was found. In conclusion, there was a change in the form of decreased cognitive status scores in some patients after undergoing general anesthesia for uterine curettage. However, these changes were descriptive and cannot be used to establish a diagnosis of POCD without further evaluation.

Keywords: General anesthesia, cognitive status, MoCA-Ina, uterine curettage.