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Lampiran 1

NASKAH PENJELASAN UNTUK RESPONDEN

Selamat Pagi/ Siang/ Sore, ibu. Saya, dr. Sarnisyah Dwi Martiani, yang akan melakukan penelitian tentang “Evaluasi kekuatan otot panggul dan defek sfingter ani pada perempuan pasca repair trauma sfingter ani obstetri”. Wanita umumnya mendapatkan trauma perineum dalam proses persalinan terutama pada persalinan anak pertama. Badan perineum adalah suatu struktur otot elastis yang terletak diantara vagina dan anus. Badan perineum inilah yang sering mengalami robekan pada proses persalinan yang dapat dikelompokkan menjadi 4 derajat sesuai dengan kedalaman robekan atau ruptur tersebut.

Pada masa pasca persalinan untuk mengetahui secara tepat tingkatan ruptur perineum dan untuk mengevaluasi luka akibat robekan perineum kita dapat menggunakan pemeriksaan ultrasonografi transvaginal dan kekuatan otot panggul menggunakan alat perineometer.

Karena itu kami sangat mengharapkan ibu bersedia untuk ikut dalam penelitian ini secara sukarela dan mengizinkan kami menggunakan data ibu dalam laporan tertulis maupun laporan secara lisan. Bila ibu bersedia kami mengharapkan ibu memberikan persetujuan secara tertulis. Keikutsertaan ibu dalam penelitian ini bersifat sukarela tanpa paksaan, oleh karena itu ibu berhak untuk menolak atau mengundurkan diri tanpa risiko kehilangan hak untuk mendapatkan pelayanan kesehatan di rumah sakit ini.

Kalau ibu setuju untuk berpartisipasi, kami akan menanyakan beberapa hal antara lain data pribadi ibu dan riwayat kehamilan. Kami juga akan melakukan pengukuran kekuatan otot panggul. Adapun prosedur pengukuran kekuatan otot panggul yaitu kami akan menggunakan alat perineometer yang akan dimasukkan ke dalam vagina dan ibu akan diminta untuk melakukan gerakan kontraksi seperti gerakan menahan berkemih sebanyak 3 kali, kemudian angkanya akan dicatat, yang akan kami lakukan sebanyak 3 kali pengukuran, yaitu 1 bulan, 3 bulan dan 6 bulan pasca salin. Kami juga akan melakukan pemeriksaan ultrasonografi transperineal untuk menilai luka ruptur perineum ibu.

Kami menjamin keamanan dan kerahasiaan semua data pada penelitian ini. Data akan disimpan dengan baik dan aman, sehingga hanya bisa dilihat oleh yang berkepentingan saja. Demikian juga pada penyajian baik tertulis maupun pada laporan lisan, data pribadi ibu tetap akan kami rahasiakan. Data penelitian ini akan disajikan pada:

- Forum ilmiah Program Pasca Sarjana (S2) dan Program Pendidikan Dokter Spesialis Obgin FK Universitas Hasanuddin
- Publikasi pada majalah ilmiah dalam dan luar negeri

Bila ibu merasa masih ada hal yang belum jelas atau belum dimengerti dengan baik, maka ibu dapat menanyakan atau minta penjelasan pada saya: dr. Sarnisyah Dwi Martiani (telepon 0811 460 096).

Jika ibu setuju untuk berpartisipasi, diharapkan menandatangani surat persetujuan mengikuti penelitian. Atas kesediaan dan kerja samanya kami ucapkan banyak terima kasih.

Identitas Peneliti

Nama : **dr. Sarnisyah Dwi Martiani**

Alamat : PPDS Obgin Fak. Kedokteran Unhas

Telepon: 0811 460 096

Lampiran 2

**FORMULIR PENELITIAN EVALUASI KEKUATAN OTOT DASAR
PANGGUL DAN DEFEK SFINGTER ANI PADA PEREMPUAN PASCA
REPAIR TRAUMA SFINGTER ANI OBSTETRI**

Nomor sampel penelitian :

Tanggal pemeriksaan :

Pemeriksa :

I. IDENTITAS PASIEN

1. Nama :
2. Rumah Sakit/ No. Reg :
3. Tanggal MRS :
4. Tanggal Persalinan :
5. Pekerjaan :
6. Pendidikan :
7. Alamat :
8. No. HP/ Telpon :

II. DATA UMUM PASIEN

1. Umur :
2. G P A :
3. HPHT :
4. Berat badan :
5. Tinggi badan :
6. IMT :

III. DATA KLINIS PASIEN

1. Keadaan umum : a. Baik b. Sedang c. Lemah
2. Keluhan :
3. Riwayat penyakit :
4. Riwayat operasi :
5. Berat Badan Lahir :
6. Derajat Ruptur Perineum:
7. Pengukuran Perineometer :
.....
8. Apakah anda sudah melakukan hubungan seksual setelah *repair/* penjahitan perineum?
 Ya Tidak
9. Nyeri saat melakukan hubungan seksual setelah *repair/* penjahitan perineum?
(Skor nyeri berdasarkan *Numeric Rating Scale*, skala berdasarkan angka -lampiran 3)
 Ya Tidak
10. Apakah anda sulit menahan kentut?
 Ya Tidak
(Jika ya, silahkan mengisi tabel pada lampiran 4)
11. Sulit menahan Buang Air Besar (BAB) terutama saat BAB encer?
 Ya Tidak
(Jika ya, silahkan mengisi tabel pada lampiran 4)
12. Apakah anda rutin (3x sehari, 5-10x tiap sesi) melakukan senam kegel setelah dilakukan penjahitan?
 Ya Tidak

13. Jika anda memiliki ada keluhan selain dari pertanyaan nomor 9-11. Silahkan tulis keluhan anda pada kolom di bawah ini

--

IV. PEMERIKSAAN RADIOLOGI

USG Transvaginal :

Lampiran 3

Skala numerik merupakan alat bantu pengukur intensitas nyeri pada pasien yang terdiri dari skala horizontal yang dibagi secara rata menjadi 10 segmen dengan nomor 0 sampai 10. Pasien diberi pengertian yang menyatakan bahwa angka 0 bermakna intensitas nyeri yang minimal (tidak ada nyeri sama sekali) dan angka 10 bermakna nyeri yang sangat (nyeri paling parah yang dapat mereka bayangkan). Pasien kemudian dimintai untuk menandai angka yang menurut mereka paling tepat dalam mendeskripsikan tingkat nyeri yang dapat mereka rasakan pada suatu waktu



Lampiran 4

WEXNER SCORE

Tipe inkontinensia fekal	Frekuensi				
	Tidak pernah	Jarang	Kadang - kadang	Sering	Selalu
Solid	0	1	2	3	4
Cair	0	1	2	3	4
Gas	0	1	2	3	4
Menggunakan <i>pad</i>	0	1	2	3	4
Menggangu aktivitas dan kualitas hidup	0	1	2	3	4

Jarang : < 1 x/ bulan

Kadang – kadang : < 1 x / minggu- > 1 x / bulan

Sering : < 1 x / hari - > 1 x / minggu

Selalu : > 1 x / hari

Total skor :

Lampiran 5

No	Nama	RM	RS	Umur	Pendi dikan	Pekerjaan	Paritas	Penyulit	Ruptur	IMT	BBL/PBL	Defek			Kekuatan Otot Panggul			Skor Wexner			Dyspareunia		
												I	III	VI	I	III	VI	I	III	VI	I	III	VI
1	Ny. M	298486	Bhayangkara	19	SMP	IRT	P1A0		3B	22,83	2700/45	tdk	tdk	tdk	44	49	49	1	0	0	0	4	2
2	Ny. N	96647	Khadijah	21	SMA	IRT	P1A0		3A	22,21	2900/49	tdk	tdk	tdk	47	49	51	0	0	0	0	5	2
3	Ny. H	97919	Khadijah	21	SMA	IRT	P1A0		3A	23,42	3400/47	tdk	tdk	tdk	53	53	53	0	0	0	0	3	1
4	Ny. D	19129727	Fatimah	22	SD	IRT	P2A0		4	28,3	4100/53	ada	tdk	tdk	39	49	51	3	0	0	0	0	3
5	Ny. T	108756	Khadijah	22	S1	Swasta	P1A0		3A	22,19	2750/48	tdk	tdk	tdk	42	43	45	0	0	0	0	2	2
6	Ny. I	106224	Khadijah	22	S1	Swasta	P1A0	Induksi	3A	21,9	3450/50	tdk	tdk	tdk	47	47	52	0	0	0	0	2	1
7	Ny. K	113062	Khadijah	22	SMA	Swasta	P1A0		3B	25	3100/49	tdk	tdk	tdk	39	39	41	0	0	0	0	2	2
8	Ny. SH	96130	Khadijah	23	SMA	IRT	P1A0		3A	28,04	3100/50	tdk	tdk	tdk	55	56	56	0	0	0	0	3	2
9	Ny. W	98515	Khadijah	24	SMA	Swasta	P1A0		3A	24,03	3100/49	tdk	tdk	tdk	49	49	51	0	0	0	0	5	2
10	Ny. R	96462	Khadijah	24	SMA	IRT	P1A0		4	28,15	3500/50	tdk	tdk	tdk	37	46	48	1	0	0	0	0	4
11	Ny. R	95300	Khadijah	25	SMA	IRT	P1A0		3A	25,78	2700/48	tdk	tdk	tdk	47	47	49	0	0	0	0	2	2
12	Ny. SA	61415	Khadijah	25	SMK	IRT	P2A0		3A	30,47	3500/51	tdk	tdk	tdk	43	44	46	0	0	0	0	3	2
13	Ny. SN	110067	Khadijah	25	S1	Swasta	P1A0		3B	17,12	3600/49	tdk	tdk	tdk	51	52	56	0	0	0	0	3	2
14	Ny. S	113225	Khadijah	25	D2	IRT	P1A0		3A	26,2	3500/50	tdk	tdk	tdk	47	49	52	0	0	0	0	2	1
15	Ny. AR	104971	Khadijah	26	SMA	Swasta	P2A0	Vakum	3A	20,89	3000/48	tdk	tdk	tdk	43	42	45	0	0	0	0	3	2
16	Ny. H	108158	Khadijah	26	S1	Swasta	P1A0		3B	21,93	3800/51	tdk	tdk	tdk	50	51	54	0	0	0	0	4	2
17	Ny. J	103616	Khadijah	26	SMA	IRT	P1A0		3C	21,23	3300/51	tdk	tdk	tdk	37	39	40	0	0	0	0	2	2

18	Ny. M	112941	Pertiwi	26	SMA	Swasta	P1A0		3A	21,1	2900/49	tdk	tdk	tdk	48	47	49	0	0	0	0	0	3	1
19	Ny. T	95791	Khadijah	27	S1	PNS	P1A0		3C	29,33	2400/46	ada	ada	sikat riks	35	31	37	1	0	1	0	0	0	4
20	Ny. S	53515	Khadijah	27	SMA	IRT	P2A0	Bokong/ drips	4	16,22	4000/50	Ada	Ada	Ada	31	29	33	2	0	1	0	0	0	4
21	Ny. AD	113934	Khadijah	27	S1	Swasta	P1A0		3A	30,5	3350/50	tdk	tdk	tdk	42	44	44	0	0	0	0	0	3	2
22	Ny. R	96586	Khadijah	28	S1	Swasta	P1A0		3A	29,3	3250/50	tdk	tdk	tdk	35	39	47	0	0	0	0	0	2	1
23	Ny. U	99254	Khadijah	28	SMA	IRT	P1A0		3A	29,69	3150/50	tdk	tdk	tdk	39	44	45	0	0	0	0	0	3	2
24	Ny. SN	93328	Khadijah	28	SMA	IRT	P1A0		3A	24,49	3500/49	tdk	tdk	tdk	51	55	57	0	0	0	0	0	4	2
25	Ny. A	99807	Khadijah	28	S1	PNS	P1A0		3A	28,58	3000/49	tdk	tdk	tdk	45	45	47	0	0	0	0	0	3	2
26	Ny. NA	107945	Khadijah	28	S1	Swasta	P1A0	Vakum	4	19,23	3650/50	tdk	tdk	tdk	52	54	55	0	0	0	0	0	4	2
27	Ny. R	99497	Khadijah	29	SMA	IRT	P1A0		3A	35,44	4100/51	tdk	tdk	tdk	49	51	55	0	0	0	0	0	5	2
28	Ny. NA	108108	Khadijah	29	SMA	Swasta	P1A0		3C	19,15	2900/49	tdk	tdk	tdk	42	43	45	0	0	0	0	0	4	3
29	Ny. SR	108470	Khadijah	29	SMP	IRT	P1A0		3A	19,11	3000/47	tdk	tdk	tdk	44	50	53	0	0	0	0	0	4	2
30	Ny. F	99462	Khadijah	29	SMA	IRT	P1A0		3A	20	3250/48	tdk	tdk	tdk	42	47	55	0	0	0	0	0	4	1
31	Ny. H	103058	Khadijah	29	S1	Swasta	P1A0		3A	28	3400/50	tdk	tdk	tdk	48	54	56	0	0	0	0	0	3	1
32	Ny. N	550589	RSUD Syekh Yusuf Gowa	29	SMP	IRT	P1A0		4	31,6	3050	tdk	tdk	tdk	47	54	54	0	0	0	0	0	4	1
33	Ny. NQ	96479	Khadijah	30	S1	Swasta	P1A0		3B	24,65	2750/48	tdk	tdk	tdk	41	51	53	0	0	0	0	0	2	1
34	Ny. D	99548	Khadijah	30	SMP	IRT	P1A0		3A	24	3050/49	tdk	tdk	tdk	40	45	52	0	0	0	0	0	5	2
35	Ny. L	99840	Khadijah	30	SD	IRT	P3A0		4	21,91	3900/46	Ada	Ada	Ada	30	32	35	0	0	0	0	0	0	2
36	Ny. SS	109056	Khadijah	30	S1	PNS	P1A0		3C	23,53	2950/49	tdk	tdk	tdk	39	35	42	0	0	0	0	0	4	3

37	Ny. RA	102825	Khadijah	30	SMA	IRT	P1A0		3A	23,34	3100/50	tdk	tdk	tdk	58	57	61	0	0	0	0	3	2
38	Ny. S	110181	Khadijah	30	D3	Bidan	P1A0	Induksi	3B	19,81	3600/51	tdk	tdk	tdk	39	41	51	0	0	0	0	3	2
39	Ny. R	110276	Khadijah	30	SMP	IRT	P1A0		3C	23,88	2950/49	ada	tdk	tdk	36	38	41	2	1	0	0	0	4
40	Ny. DS	112532	Khadijah	30	S1	Swasta	P2A0		3A	26,73	3700/50	tdk	tdk	tdk	37	41	46	0	0	0	0	3	1
41	Ny. RO	91560	Khadijah	31	S1	Swasta	P1A0		3A	29,69	2900/49	tdk	tdk	tdk	31	36	44	0	0	0	0	4	2
42	Ny. A	98676	Khadijah	32	S2 Keper	PNS	P1A0		3B	22,89	3650/51	tdk	tdk	tdk	39	35	43	0	0	0	0	3	2
43	Ny. AH	107508	Khadijah	32	S1	IRT	P1A0		3A	20	4000/51	tdk	tdk	tdk	38	39	41	0	0	0	0	4	2
44	Ny. M	82478	Khadijah	33	S1	PNS	P1A0		3A	33,98	2850/49	tdk	tdk	tdk	41	44	54	0	0	0	0	2	1
45	Ny. F	107862	Khadijah	33	S1	PNS	P1A0		3A	22,37	4000/51	tdk	tdk	tdk	52	56	62	0	0	0	0	3	2
46	Ny. H	108082	Khadijah	34	S1	IRT	P3A0	Akselerasi	3A	23,11	3500/48	tdk	tdk	tdk	52	55	56	0	0	0	0	4	2
47	Ny. NA	88910	Khadijah	35	D3	Swasta	P2A0	Akselerasi	3A	21,05	3100/48	tdk	tdk	tdk	50	53	60	1	1	0	0	4	2
48	Ny. I	108985	Khadijah	36	SMA	IRT	P2A0		3C	20,61	3700/51	tdk	tdk	tdk	21	27	39	0	0	0	0	3	2
49	Ny. R	100280	Khadijah	/25	SMA	IRT	P1A0	Vakum	4	22,5	3350/50	tdk	tdk	tdk	32	47	51	0	0	0	0	0	3
50	Ny. NA	106919	Khadijah	/32	D3	Swasta	P1A0	Akselerasi	3A	30,48	3300/48	tdk	tdk	tdk	47	48	52	0	0	0	0	3	1
51	Ny. E	4698	RS Prof Farid	/37	S1	PNS	P3A0		4	24,9	4200/51	tdk	tdk	tdk	32	34	41	0	1	0	0	3	1



REKOMENDASI PERSETUJUAN ETIK

Nomor : 103/UN4.6.4.5.31/ PP36/ 2020

Tanggal: 31 Januari 2020

Dengan ini Menyatakan bahwa Protokol dan Dokumen yang Berhubungan Dengan Protokol berikut ini telah mendapatkan Persetujuan Etik :

No Protokol	UH19121149	No Sponsor Protokol	
Peneliti Utama	dr. Sarnisyah Dwi Martiani	Sponsor	
Judul Peneliti	Evaluasi Kekuatan Otot Panggul dan Defek Sfingter Ani Pada Perempuan Pasca Repair Trauma Sfingter Ani Obstetrik		
No Versi Protokol	2	Tanggal Versi	28 Januari 2020
No Versi PSP	2	Tanggal Versi	28 Januari 2020
Tempat Penelitian	RSUP dr. Wahidin Sudirohusodo dan RS Jejaring Makassar		
Jenis Review	<input type="checkbox"/> Exempted <input checked="" type="checkbox"/> Expedited <input type="checkbox"/> Fullboard Tanggal	Masa Berlaku 31 Januari 2020 sampai 31 Januari 2021	Frekuensi review lanjutan
Ketua Komisi Etik Penelitian Kesehatan FKUH	Nama Prof.Dr.dr. Suryani As'ad, M.Sc.,Sp.GK (K)	Tanda tangan 	
Sekretaris Komisi Etik Penelitian Kesehatan FKUH	Nama dr. Agussalim Bukhari, M.Med.,Ph.D.,Sp.GK (K)	Tanda tangan 	

Kewajiban Peneliti Utama:

- Menyerahkan Amandemen Protokol untuk persetujuan sebelum di implementasikan
- Menyerahkan Laporan SAE ke Komisi Etik dalam 24 Jam dan dilengkapi dalam 7 hari dan Laporan SUSAR dalam 72 Jam setelah Peneliti Utama menerima laporan
- Menyerahkan Laporan Kemajuan (progress report) setiap 6 bulan untuk penelitian resiko tinggi dan setiap setahun untuk penelitian resiko rendah
- Menyerahkan laporan akhir setelah Penelitian berakhir
- Melaporkan penyimpangan dari prokol yang disetujui (protocol deviation / violation)
- Mematuhi semua peraturan yang ditentukan



KEMENTERIAN PENDIDIKAN DAN KEBUDAYAAN
UNIVERSITAS HASANUDDIN FAKULTAS KEDOKTERAN
KOMITE ETIK PENELITIAN KESEHATAN
RSPTN UNIVERSITAS HASANUDDIN
RSUP Dr. WAHIDIN SUDIROHUSODO MAKASSAR
Sekretariat : Lantai 2 Gedung Laboratorium Terpadu
JL.PERINTIS KEMERDEKAAN KAMPUS TAMALANREA KM.10 MAKASSAR 90245.



Contact Person: dr. Agussalim Bukhari, MMed, PhD, SpGK TELP. 081241850858, 0411 5780103, Fax : 0411-581431

REKOMENDASI PERSETUJUAN ETIK

Nomor : 237 / UN4.6.4.5.31 / PP36 / 2021

Tanggal: 9 April 2021

Dengan ini Menyatakan **Perpanjangan** Protokol dan Dokumen yang Berhubungan Dengan Protokol berikut ini telah mendapatkan Persetujuan Etik :

No Protokol	UH19121149	No Sponsor Protokol	
Peneliti Utama	dr. Sarnisyah Dwi Martiani	Sponsor	Pribadi
Judul Penelitian	Evaluasi Kekuatan Otot Panggul dan Defek Sfingter Ani Pada Perempuan Pasca Repair Trauma Sfingter Ani Obstetrik		
No Versi Protokol	2	Tanggal Versi	28 Januari 2020
No Versi PSP	2	Tanggal Versi	28 Januari 2020
Tempat Penelitian	RSUP dr. Wahidin Sudirohusodo dan RS Jejaring Makassar		
Dengan Nomor rekomendasi etik lama :	Nomor:103/UN4.6.4.5.31/PP36/2020		
Jenis Review	<input type="checkbox"/> Exempted <input checked="" type="checkbox"/> Expedited <input type="checkbox"/> Fullboard Tanggal	Masa Berlaku 9 April 2021 sampai 9 April 2022	Frekuensi review lanjutan
Ketua Komisi Etik Penelitian Kesehatan FKUH	Nama Prof.Dr.dr. Suryani As'ad, M.Sc.,Sp.GK (K)	Tanda tangan	
Sekretaris Komisi Etik Penelitian Kesehatan FKUH	dr. Agussalim Bukhari, M.Med., Ph.D., Sp.GK (K)	Tanda tangan	

Kewajiban Peneliti Utama:

- Menyerahkan Amandemen Protokol untuk persetujuan sebelum di implementasikan
- Menyerahkan Laporan SAE ke Komisi Etik dalam 24 jam dan dilengkapi dalam 7 hari dan Laporan SUSAR dalam 72 jam setelah Peneliti Utama menerima laporan
- Menyerahkan Laporan Kemajuan (progress report) setiap 6 bulan untuk penelitian resiko tinggi dan setiap setahun untuk penelitian resiko rendah
- Menyerahkan laporan akhir setelah Penelitian berakhir
- Melaporkan penyimpangan dari protokol yang disetujui (protocol deviation / violation)
- Mematuhi semua peraturan yang ditentukan