

Gambaran Pelaksanaan Mobilisasi Dini pada Pasien Post Operasi Laparatomi Berdasarkan Jenis Kelamin di RSUD Cilacap

Description of the Early Mobilization Implementation for Post Laparotomy Surgery Patients Based on Gender at Cilacap Regional Hospital

Setiawati¹, Widyoningsih², Agus Prasetyo³

^{1,2,3}Health Science Al-Irsyad University Cilacap

Jl. Cerme No.24 Sidanegara Cilacap

ABSTRAK

Pasien post laparatomi rentan mengalami masalah keperawatan seperti kelemahan, keterbatasan fungsi tubuh serta kecacatan. Pasien post operasi disarankan untuk melakukan mobilisasi sejak dini agar mempercepat luka post laparatomi. Keberhasilan pelaksanaan mobilisasi dini juga dapat dipengaruhi oleh jenis kelamin pasien. Tujuan penelitian ini adalah untuk mengetahui gambaran pelaksanaan mobilisasi dini pada pasien post operasi laparatomi berdasarkan jenis kelamin. Penelitian ini merupakan penelitian kuantitatif deskriptif dengan pendekatan *cross sectional*. Instrumen penelitian menggunakan lembar observasi pelaksanaan mobilisasi dini. Sampel dalam penelitian ini adalah pasien post operasi laparatomi di RSUD Cilacap sebanyak 30 orang yang diambil dengan teknik *accidental sampling*. Analisis data menggunakan analisis univariat. Hasil penelitian menunjukkan bahwa mobilisasi dini post operasi 6 jam sebagian besar pasien perempuan dan laki-laki mampu melaksanakan yang masing-masing sebesar 66,7%, post operasi 12 jam sebagian besar pasien tidak mampu melaksanakan perempuan (60%) dan laki-laki (53,3%), post operasi 24 jam sebagian besar pasien mampu melaksanakan perempuan (60%) dan laki-laki (66,7%). Kesimpulan: mobilisasi dini pada pasien post operasi laparatomi sebagian besar pasien perempuan tidak mampu melaksanakan (53,3%) sedangkan pasien laki-laki sebagian besar mampu melaksanakan (66,7%).

Kata Kunci : Pelaksanaan, Mobilisasi Dini, Post Operasi, Laparatomi

ABSTRACT

Post laparotomy patients are vulnerable to experiencing nursing problems such as weakness, limited body function and disability. Post-operative patients are advised to mobilize early to speed up post-laparotomy wounds. The success of early mobilization can also be influenced by the patient's gender. The aim of this study was to determine the description of the implementation of early mobilization in post laparotomy patients based on gender. This research is a descriptive quantitative research with a cross sectional approach. The research instrument used an observation sheet for the implementation of early mobilization. The sample in this study was 30 post-operative laparotomy patients at Cilacap Regional Hospital, taken using an accidental sampling technique. Data analysis uses univariate analysis. The results of the study showed that early mobilization after 6 hours of surgery, most of the female and male patients were able to carry it out, which was 66.7% respectively, 12 hours after surgery, most of the patients were unable to carry it out, women (60%) and men (60%) 53.3%, after 24 hours of surgery, most of the patients were able to carry out women (60%) and men (66.7%). Conclusion: Early mobilization in post-operative laparotomy patients was mostly female patients unable to carry it out (53.3%) while most male patients were able to carry it out (66.7%).

Keyword : Implementation, Early Mobilization, Post Operation, Laparatomy]