

ABSTRACT

Application of Early Mobilization to Physical Mobility Disorders in Postoperative Patient Close Fracture Intertrochanter Left Femur at Regional Public Hospital. dr. Saiful Anwar. Dwi Lestari Agustiningrum (2024) Thesis, Nurse Professional Education, Nursing Department, Health Polytechnic of Malang, Supervisor Maria Diah Ciptaningtyas, S.Kep., Ns., M.Kep., Sp.KMB.

Keywords : Early Mobilization, Impaired Physical Mobility, Postoperative Patients, Close Fracture Intertrochanter femur.

Fracture intertrochanteric femur is one of the most common fractures in elderly patients, and its incidence continues to increase every year. The majority of postoperative fracture patients are reluctant to move so that a nursing diagnosis of impaired physical mobility appears. The impact experienced by patients if this nursing problem is not addressed immediately, patients can experience muscle contractures, muscle atrophy and joint stiffness which results in the patient's Activities of Daily Living (ADL) needs depending on others, and cannot be done independently. The role of nurses in dealing with this nursing problem is to apply early mobilization interventions. The purpose of this study was to analyze the application of early mobilization in patient postoperative close fracture intertrochanter left femur who experienced physical mobility disorders. The research design used case studies. This research was conducted for 4 days. The research subject was 1 patient postoperative close fracture intertrochanter left femur. Data collection methods using interview methods, observation-physical examination and documentation studies. Nursing diagnosis of impaired physical mobility associated with reluctance to move. The main intervention carried out is early mobilization which is guided by the Enhanced Recovery After Surgery (ERAS) guide. After taking nursing actions for 4 days, the patient can move the toes, rotate the ankles, tense the calf muscles and bend and shift his legs, sit without leaning, sit next to the bed, but stand / walk still need help being moved by others. The patient's physical mobility increased, limb movement increased, muscle strength increased, range of motion (ROM) increased, the problem was resolved, the patient was discharged from the hospital. It is hoped that nurses will be able to maintain and improve the quality of providing comprehensive nursing care to postoperative patients with the application of early mobilization.