

## **ABSTRACT**

*Nursing care Postoperative Total Abdominal Hysterectomy Bilateral Salpingo Oophorectomy (TAH-BSO) with Early Mobilization Intervention to Reduce the Pain Scale in the Flamboyant Room of Mardi Waluyo Regional Hospital, Blitar. Fera Ilmawati (2024) Final Scientific Work (KIAN), Nursing Professional Education, Department of Nursing, Health Polytechnic Ministry of Health Malang. Supervisor Dr.Lumastari Ajeng W, S.Kp.,M.Kep.,Sp.Mat.*

*Pain is the most common reason for someone to seek health care because it feels annoying and difficult for them. Post-hysterectomy procedures can cause pain caused by mechanical stimulation of the incision wound. Pain must be treated immediately so as not to hinder the recovery process. This research aims to determine nursing care for Mrs. P with post-operative TAH-BSO with early mobilization intervention to reduce the pain scale. The research method used is the case study research method. Data was collected through interviews, observation, physical examination, and documentation studies. The results of the study showed that the patient complained of pain in the post-operative wound on a scale of 6 from 1-10, appeared to be grimacing, and was acting protective. The main nursing diagnosis is acute pain. The intervention was pain management using non-pharmacological techniques, early mobilization was carried out for 3 × 24 hours. The result of implementing early mobilization is that the pain scale decreases from moderate pain (scale 6) to mild pain (scale 2). Early mobilization can reduce the pain scale because there is a concentration of attention on the movements being carried out, which can inhibit the transmission of substance P to the central nerves. This research concludes that the application of early post-operative mobilization of TAH-BSO can reduce the pain scale.*

**Keywords:** *Pain, Post TAH-BSO Operation, Early Mobilization*