

THE IMPLEMENTATION OF EARLY MOBILIZATION IN REDUCING PAIN LEVELS IN POST-OPERATIVE OREF PATIENTS WITH RIGHT TIBIA AND FIBULA OPEN FRACTURES AT RSUD DR. SAIFUL ANWAR

Claudia Dwi Lealita¹, Supono²

Program Studi Pendidikan Profesi Ners, Department of Nursing,
Health Polytechnic of the Ministry of Health Malang
Email: claudialealita@gmail.com

ABSTRACT

Acute pain is a common problem experienced by patients following OREF surgery for open tibia-fibula fractures, resulting from tissue damage and the postoperative inflammatory process. Uncontrolled pain may hinder early mobilization, delay the healing process, and increase the risk of complications. Early mobilization is a non-pharmacological intervention that can be implemented to help reduce pain intensity. This case study aimed to evaluate the implementation of early mobilization in reducing pain levels in a patient who underwent OREF surgery for a right open tibia-fibula fracture at Dr. Saiful Anwar Regional General Hospital. The study employed a case study design using the nursing process approach in one patient experiencing the nursing diagnosis of acute pain. Nursing interventions were conducted over three days, from April 23 to April 25, 2026, including pain assessment, observation of pain responses, patient education, collaboration in pharmacological therapy, and the gradual implementation of early mobilization. Pain intensity was evaluated using the Numeric Rating Scale (NRS). The results demonstrated a reduction in pain intensity from a score of 7 to 1, accompanied by decreased nonverbal pain responses such as grimacing, restlessness, and protective behavior. The patient's overall condition improved, and mobility increased according to the patient's tolerance. The implementation of early mobilization has the potential to reduce pain levels in patients following OREF surgery for a right open tibia-fibula fracture and supports the patient's recovery process.

Keywords: early mobilization, acute pain, OREF, tibia fibula fracture.