

**THE IMPLEMENTATION OF ACTIVITY EDUCATION AND EARLY
MOBILIZATION IN IMPROVING PHYSICAL MOBILITY AMONG
PREOPERATIVE AND POSTOPERATIVE LAPAROTOMY PATIENTS IN
EDELWEIS A AT RSUD KARSA HUSADA BATU**

Frisca Rahma Triana Putri
Supono, S.Kep.,Ns.,M.Kep.,Sp.MB
Health Polytechnic of the Ministry of Health Malang

ABSTRACT

Impaired physical mobility is one of the most common problems experienced by patients after laparotomy surgery due to pain, physical weakness, and limitations in performing daily activities. This condition can delay the recovery process and increase the risk of postoperative complications if not managed appropriately. This Final Nursing Scientific Project aimed to analyze the implementation of activity education and early mobilization in improving physical mobility among pre- and post-laparotomy patients in Edelweis A Ward, Karsa Husada Regional Hospital, Batu. The study employed a case study approach by applying the nursing care process, including assessment, nursing diagnosis, intervention, implementation, and evaluation, to a patient diagnosed with cholelithiasis who underwent laparotomy cholecystectomy. Nursing interventions consisted of activity education, Range of Motion (ROM) exercises, gradual early mobilization, monitoring of activity tolerance, and family involvement in patient care. The interventions were implemented over a period of four days. Evaluation results demonstrated an improvement in the patient's physical mobility, indicated by reduced pain levels, increased range of motion, the ability to sit, stand, and walk with minimal assistance, and enhanced independence in daily activities. The implementation of activity education and early mobilization effectively accelerated postoperative physical recovery and supported the achievement of optimal nursing outcomes.

Keywords: Activity Education, Early Mobilization, Physical Mobility, Laparotomy, Nursing Care, Postoperative Patient.