THE EFFECT OF DISCHARGE PLANNING MANAGEMENT ACCORDING TO POTTER & PERRY'S THEORY ON INDEPENDENCE IN ACTIVITY OF DAILY LIVING (ADL) IN POST-TIBIA FRACTURE SURGERY PATIENTS AT KARSA HUSADA BATU REGIONAL HOSPITAL

Alfin Naufal Al Fa'iq[1], Dr. Tri Anjaswarni, S. Kp., M. Kep[2]

Program Studi Sarjana Terapan Keperawatan Malang, Jurusan Keperawatan

Politeknik Kesehatan Kemenkes Malang

Email : alfin_p17211221022@poltekkes-malang.ac.id

ABSTRACT

Patients who have undergone tibial fracture surgery generally experience limited mobility, which affects their independence in activities of daily living (ADL). ADL independence is an important indicator of successful post-operative recovery and the patient's readiness to continue care at home. One important program in preparing patients for discharge is discharge planning. Discharge planning is carried out from the moment the patient is admitted to the inpatient ward, but it is still not optimal and tends to be routine without a structured approach. The purpose of this study was to determine the effect of discharge planning management according to Potter & Perry's theory on the level of independence in Activities of Daily Living (ADL) of patients after tibia fracture surgery at Karsa Husada Batu Regional General Hospital. The research method was quasi-experimental with a two-group pre-test-post-test design with a control group. The research sample consisted of 40 respondents selected using purposive sampling and divided into two groups, namely the intervention group and the control group. Bivariate analysis used the Mann-Whitney Test. The results of the analysis showed a significant difference between the intervention group and the control group (unpaired) with a p-value = 0.001 < α (0.05). This study concluded that discharge planning management according to Potter & Perry's theory had a effect on increasing the independence of Activities of Daily Living (ADL) in patients after tibia fracture surgery at Karsa Husada Batu Regional General Hospital.

Keywords : *Activity of Daily Living (ADL), Discharge Planning, Independence*