

The Effect of Active Range of Motion (ROM) Exercises on the Speed of Early Mobilization Recovery in Elderly Patients Post Appendectomy in the Emerald-Jade Room of Lavalette Hospital

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ABSTRACT

Appendicitis is the most common surgical emergency condition in the digestive tract, especially in young age groups. The main procedure is appendectomy to prevent complications such as perforation, abscess, and peritonitis. This surgery can cause physiological changes that affect other organs, as well as make patients afraid to move due to concerns about open wounds or delayed healing. In fact, early mobilization has been proven to accelerate abdominal wound recovery. In the elderly, the recovery process may be hampered due to decreased function of the cardiopulmonary and musculoskeletal systems. Active Range of Motion (ROM) exercises help improve muscle strength and accelerate mobilization. This case study was conducted on Mr. B, a post-appendectomy patient who was given active ROM exercises starting 6 hours after surgery. As a result, within two days the patient was able to mobilize independently. It can be concluded that active ROM exercises effectively accelerate recovery and reduce the length of hospital stay.

Keywords: *Appendicitis, appendectomy, early mobilization, Range Of Motion (ROM).*