

**IMPLEMENTATION OF A COMBINATION OF SELF-CARE SUPPORT
AND EARLY MOBILIZATION TRAINING IN BLADDER CANCER
PATIENTS UNDERGOING TUR-B SURGERY WITH SPINAL ANESTHESIA
AT LAVALETTE HOSPITAL, MALANG**

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ABSTRACT

Bladder cancer is a malignancy that mostly originates from the mucosa of the bladder (urothelium). It includes all types of malignant tumors affecting the tissues of the bladder or urinary vesicle. Chronic illnesses such as bladder cancer can reduce a person's interest in self-care. This scientific paper uses a descriptive research design with a case study approach. Interventions that can be provided to bladder cancer patients undergoing TUR-B surgery with self-care deficits include self-care support and mobilization training. After four days of implementation, the patient's self-care deficit was reduced, and both interest and ability in performing self-care improved. The provision of self-care support and early mobilization training, when carried out in accordance with standard operating procedures (SOPs), can enhance patients' interest and ability in self-care, improve health status, boost self-confidence, maintain personal hygiene, correct poor self-care practices, support disease prevention, and promote a sense of well-being.

Keywords: Bladder Cancer, Self-Care Support, Early Mobilization