

# **PENERAPAN MOBILISASI DINI DENGAN MASALAH GANGGUAN MOBILITAS FISIK PADA PASIEN POST ORIF FRAKTUR FEMUR DI RSUD WONOSARI**

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## **ABSTRAK**

**Latar belakang** : Fraktur femur merupakan kondisi patah tulang yang sering diatasi dengan tindakan operasi Open Reduction and Internal Fixation (ORIF). Pasca tindakan ORIF, pasien sering mengalami gangguan mobilitas fisik akibat imobilisasi yang terlalu lama. Salah satu intervensi efektif untuk mencegah komplikasi dan meningkatkan mobilitas adalah mobilisasi dini.

**Tujuan** : Mengetahui penerapan mobilisasi dini dalam mengatasi gangguan mobilitas fisik pada pasien post ORIF fraktur femur di RSUD Wonosari.

**Metode** : Penelitian ini menggunakan metode studi kasus dengan pendekatan proses asuhan keperawatan yang meliputi pengkajian, diagnosis keperawatan, perencanaan, implementasi, dan evaluasi. Subjek adalah dua pasien post ORIF tanpa komplikasi. Intervensi mobilisasi dini dilakukan sesuai standar operasional prosedur dan diamati dalam waktu 3 hari.

**Hasil** : Setelah penerapan mobilisasi dini, terdapat peningkatan signifikan dalam kekuatan otot, rentang gerak, serta penurunan nyeri dan ketergantungan pasien terhadap bantuan mobilitas. Pasien mampu melakukan mobilisasi secara bertahap dari miring kanan-kiri, duduk di tepi tempat tidur, hingga berdiri dengan alat bantu.

**Kesimpulan** : Mobilisasi dini efektif dalam meningkatkan mobilitas fisik pasien post ORIF ekstremitas bawah dan mencegah komplikasi akibat imobilisasi jangka Panjang.

**Kata kunci** : Mobilisasi dini, Fraktur, ORIF, Femur

# ***APPLICATION OF EARLY MOBILIZATION WITH PROBLEMS OF PHYSICAL MOBILITY DISORDERS IN PATIENTS WITH POST-ORIF FEMURE FRACTURES AT WONOSARI HOSPITAL***

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## ***ABSTRACT***

***Background:*** Femure fracture is a fracture condition that is often treated with Open Reduction and Internal Fixation (ORIF) surgery. After ORIF surgery, patients often experience physical mobility disorders due to prolonged immobilization. One of the effective interventions to prevent complications and improve mobility is early mobilization.

***Objective:*** To determine the application of early mobilization in overcoming physical mobility disorders in post-ORIF patients with femure fractures at Wonosari Hospital.

***Methods:*** This study uses a case study method with a nursing care process approach which includes assessment, nursing diagnosis, planning, implementation, and evaluation. The subjects were two post ORIF patients with no complications. Early mobilization interventions were carried out according to standard operating procedures and were observed within 3 days.

***Results:*** After the implementation of early mobilization, there was a significant increase in muscle strength, range of motion, as well as a decrease in pain and patient dependence on mobility assistance. The patient is able to mobilize gradually from tilting right to left, sitting on the edge of the bed, to standing with assistive devices.

***Conclusions:*** Early mobilization is effective in improving the physical mobility of post-ORIF patients of the lower extremities and preventing complications due to long-term immobilization.

***Keywords:*** Early mobilization, Fracture, ORIF, Femure