

**PENERAPAN MOBILISASI DINI UNTUK MENGATASI GANGGUAN
MOBILITAS FISIK PADA PASIEN POST *APPENDECTOMY*
DI RSUD PANEMBAHAN SENOPATI BANTUL**

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ABSTRAK

Latar Belakang: Apendisitis merupakan peradangan pada apendiks yang sering memerlukan tindakan pembedahan berupa *appendectomy*. Pasien post *appendectomy* umumnya mengalami gangguan mobilitas fisik akibat nyeri, kelemahan, dan keterbatasan gerak setelah operasi. Mobilisasi dini merupakan salah satu intervensi keperawatan untuk membantu meningkatkan kemampuan mobilitas pasien dan mencegah komplikasi akibat tirah baring.

Tujuan : Studi kasus ini bertujuan untuk mendeskripsikan penerapan mobilisasi dini pada pasien post *appendectomy* dengan gangguan mobilitas fisik di RSUD Panembahan Senopati Bantul.

Metode: Studi kasus deskriptif dengan pendekatan asuhan keperawatan pada dua pasien post *appendectomy* yang mengalami gangguan mobilitas fisik. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Intervensi mobilisasi dini dilakukan secara bertahap mulai 6 jam pascaoperasi selama 3 hari sesuai toleransi pasien.

Hasil: Sebelum dilakukan mobilisasi dini, kedua pasien mengalami nyeri luka operasi dengan skala nyeri 6–7, kelemahan fisik, keterbatasan bergerak, serta membutuhkan bantuan saat duduk, berdiri, dan berjalan. Setelah dilakukan mobilisasi dini selama 3 hari, kemampuan mobilitas pasien meningkat ditandai dengan peningkatan kekuatan otot dari skala 3 menjadi 5, kemampuan duduk, berdiri, dan berjalan secara bertahap, nyeri berkurang, serta tingkat kemandirian aktivitas meningkat.

Kesimpulan : Setelah penerapan mobilisasi dini, terjadi peningkatan kemampuan mobilitas fisik pada kedua pasien post *appendectomy*.

Kata Kunci: *appendectomy*, gangguan mobilitas fisik, mobilisasi dini, pascaoperasi, asuhan keperawatan.

**IMPLEMENTATION OF EARLY MOBILIZATION FOR PHYSICAL
MOBILITY DISORDERS IN POST-APPENDECTOMY PATIENTS AT
PANEMBAHAN SENOPATI BANTUL REGIONAL HOSPITAL**

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ABSTRACT

Background: *Appendicitis is an inflammation of the appendix that often requires surgical treatment in the form of an appendectomy. Patients after appendectomy commonly experience impaired physical mobility due to pain, weakness, and limited movement following surgery. Early mobilization is one of the nursing interventions used to improve physical mobility and prevent complications caused by prolonged bed rest.*

Objective: *This case study aimed to describe the implementation of early mobilization in post-appendectomy patients with impaired physical mobility at Panembahan Senopati Bantul Regional Hospital.*

Methods: *This descriptive case study used a nursing care approach involving two post-appendectomy patients who experienced impaired physical mobility. Data were collected through interviews, observations, physical examinations, and documentation reviews. Early mobilization was implemented gradually starting 6 hours after surgery for 3 days according to the patients' tolerance.*

Results: *Before early mobilization was implemented, both patients experienced postoperative wound pain with a pain scale of 6–7, physical weakness, limited movement, and required assistance when sitting, standing, and walking. After 3 days of early mobilization, the patients showed improvement in physical mobility, marked by increased muscle strength from scale 4 to 5, the ability to sit, stand, and walk gradually, reduced pain intensity, and increased independence in daily activities.*

Conclusion: *Following the implementation of early mobilization, an improvement in physical mobility was observed in both post-appendectomy patients.*

Keywords: *appendectomy, impaired physical mobility, early mobilization, postoperative, nursing care.*