

# PENERAPAN TEKNIK MOBILISASI DINI TERHADAP PENINGKATAN AKTIVITAS PADA PASIEN *POST SECTIO CAESAREA* DI RUANG TERATAI 2 RSUD KOTA BANJAR

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## INTISARI

*Sectio Caesarea* berasal dari bahasa latin “*caedere*” yang berarti memotong atau menyayat. *Sectio Caesarea* adalah suatu metode bedah persalinan untuk melahirkan janin dengan membuka dinding perut dan dinding uterus. perubahan fisiologis pasca operasi menyebabkan penderitanya mengalami penurunan kemampuan dalam melakukan aktivitas sehingga munculnya masalah keperawatan gangguan mobilitas fisik. Salah satu intervensi yang dapat dilakukan yaitu mobilisasi dini. selain dapat meningkatkan aktivitas klien, intervensi tersebut juga dinilai dapat memperlancar peredaran darah, meningkatkan tonus otot dan dapat meningkatkan proses pemulihan pasca operasi.

Studi ini dilakukan untuk mempresentasikan intervensi latihan mobilisasi dini untuk meningkatkan proses pemulihan pada pasien dengan gangguan kebutuhan aktivitas fisik.

Penelitian ini menggunakan metode deskriptif kualitatif dengan pendekatan asuhan keperawatan, mencakup pengkajian, merumuskan diagnosa keperawatan, intervensi, implementasi dan evaluasi yang dilakukan selama 3 hari di ruang Teratai 2 RSUD Kota Banjar. Penegakan diagnosa keperawatan mengacu pada Standar Diagnosis Keperawatan Indonesia (SDKI). Standar Intervensi Keperawatan Indonesia (SIKI), Standar Luaran Keperawatan Indonesia (SLKI), dan evaluasi keperawatan didokumentasikan dengan metode SOAPIER.

Diagnosa keperawatan Gangguan Mobilitas Fisik berhubungan dengan Program Pembatas Gerak Pasca Operasi dengan nomor diagnosa D.0054, diberikan intervensi mobilisasi dini selama 3 hari, setelah intervensi dilakukan, masalah keperawatan gangguan mobilitas fisik terhadap klien teratasi ditandai dengan peningkatan kekuatan otot yang semula kekuatan otot eksremitas atas 4 dan eksremitas bawah 3 menjadi 5 untuk kekuatan otot eksremitas atas dan 4 untuk kekuatan otot eksremitas bawah, serta meningkatnya pola aktivitas pada klien secara mandiri.

Pemberian intervensi mobilisasi dini terbukti bermanfaat untuk meningkatkan proses pemulihan pasca operasi, manfaat akan maksimal apabila dilakukan secara berkala dan bertahap.

**Kata Kunci** : *Sectio Caesarea*, gangguan mobilitas fisik, peningkatan aktivitas, mobilisasi dini

**THE APPLICATION OF EARLY MOBILIZATION TECHNIQUES TO  
INCREASED ACTIVITY IN POST SECTIO CAESAREA PATIENTS  
IN LOTUS 2 ROOM OF BANJAR CITY HOSPITAL**

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**ABSTRACT**

*Sectio Caesarea comes from the Latin "caedere" which means to cut or to cut. Sectio Caesarea or SC is a method of delivery surgery to deliver a fetus by opening the abdominal wall and uterine wall. postoperative physiological changes cause sufferers to experience a decrease in their ability to carry out activities so that the emergence of nursing problems with physical mobility disorders. One of the interventions that can be done is early mobilization. besides being able to increase client activity, this intervention is also considered to be able to improve blood circulation, increase muscle tone and can improve the postoperative recovery process.*

*This study was conducted to present an early mobilization exercise intervention to improve the recovery process in patients with impaired physical activity requirements.*

*This study used a qualitative descriptive method with a nursing care approach, including assessment, formulating nursing diagnoses, interventions, implementation and evaluation which were carried out for 3 days in the Teratai 2 BLUD room, RSU Banjar City. Enforcement of nursing diagnoses refers to the Indonesian Nursing Diagnosis Standards (IDHS). Indonesian Nursing Intervention Standards (SIKI), Indonesian Nursing Outcome Standards (SLKI), and nursing evaluations are documented using the SOAPIER method*

*Nursing diagnosis of Physical Mobility Impairment related to the Postoperative Movement Restriction Program with diagnosis number D.0054, given early mobilization intervention for 3 days, after the intervention was carried out, the nursing problem of physical mobility disorders of the client was resolved marked by an increase in muscle strength which was originally the upper limb muscle strength 4 and lower limbs 3 to 5 for upper limb muscle strength and 4 for lower limb muscle strength, as well as increased activity patterns on clients independently.*

*Providing early mobilization interventions has proven to be useful for improving the postoperative recovery process, the therapeutic benefits will be maximized if it is carried out periodically and gradually.*

*Keywords : sectio caesarea, impaired physical mobility ,increased activity, early mobilization*