

Abstrak

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A Evaluasi Mobilisasi Dini Pada Pasien Post Operasi Laparotomi di Ruang Dahlia Rumah Sakit Dr. H. Koesnadi Bondowoso

Xviii + 89 Halaman + 11 Tabel + 3 Lampiran

Abstrak

Latar belakang: Laparotomi yaitu pembedahan abdomen sampai membuka selaput abdomen. Perawatannya mengurangi komplikasi akibat pembedahan, mempercepat penyembuhan dan mengembalikan fungsi pasien semaksimal mungkin seperti sebelum operasi. Pengembalian fungsi fisik dilakukan segera setelah operasi dengan mobilisasi dini. **Tujuan:** Mengevaluasi mobilisasi dini pada pasien post operasi laparotomi di ruang dahlia Rumah Sakit Dr. H. Koesnadi Bondowoso. **Metode:** Penelitian ini menggunakan desain studi kasus terhadap tiga pasien post operasi laparotomi. Data dikumpulkan melalui pengkajian keperawatan, wawancara, serta studi dokumentasi rekam medis. Mobilisasi dini dilakukan secara bertahap selama masa perawatan. **Hasil:** Ketiga pasien menunjukkan penurunan skala nyeri secara bertahap, proses penyembuhan luka, serta tidak ditemukannya komplikasi berat selama perawatan. Dukungan keluarga dan edukasi yang adekuat terbukti membantu dalam keberhasilan pelaksanaan mobilisasi dini. **Kesimpulan:** Mobilisasi dini terbukti efektif sebagai strategi intervensi yang mampu mendukung pemulihan holistik pasien, tidak hanya dari aspek fisik tetapi juga psikologis, serta memperkuat kolaborasi antara perawat, pasien, dan keluarga dalam proses perawatan

Kata Kunci: Mobilisasi dini, post operasi laparotomi

Abstract

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Evaluation of Early Mobilization in Postoperative Laparotomy Patients in the Dahlia Ward of Dr. H. Koesnadi Bondowoso Hospital

Xviii + 89 Pages + 11 Tables + 3 Appendices

Abstract

Background: Laparotomy is an abdominal surgery that involves opening the abdominal wall. Its care aims to reduce complications from surgery, accelerate healing, and restore the patient's functions as much as possible to their pre-operative state. Physical function restoration is initiated immediately after surgery through early mobilization. Objective: To evaluate early mobilization in post-laparotomy surgery patients in the Dahlia Ward of Dr. H. Koesnadi Bondowoso Hospital. Methods: This study used a case study design involving three post-laparotomy patients. Data were collected through nursing assessments, interviews, and medical record documentation. Early mobilization was implemented gradually during the care period. Results: All three patients showed a gradual decrease in pain scores, wound healing progress, and no severe complications during care. Family support and adequate education were found to contribute to the success of early mobilization. Conclusion: Early mobilization was proven effective as an intervention strategy that supports holistic patient recovery, not only physically but also psychologically, and strengthens collaboration between nurses, patients, and families in the care process.

Keywords: *Early mobilization, post-laparotomy surgery*