

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
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FAKULTAS ILMU KESEHATAN

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Penerapan Mobilisasi Dini *Post Operation* Pada Pasien Fraktur Dengan Gangguan Mobilitas Fisik Di Ruang Seruni RSD Dr. Soebandi Jember

xvii + 102 Halaman + 13 Tabel + 3 Gambar + 1 Bagan + 13 Lampiran

Abstrak

Latar Belakang : Gangguan mobilitas fisik sering terjadi pada pasien post operasi fraktur ekstremitas inferior akibat nyeri dan keterbatasan gerak. Mobilisasi dini dapat membantu meningkatkan kemampuan mobilitas dan mempercepat pemulihan pasien. **Tujuan :** menganalisis penerapan Mobilisasi dini pada pasien post operasi fraktur ekstremitas inferior dengan diagnosis keperawatan gangguan mobilitas fisik. **Metode :** Studi kasus pada pasien post operasi fraktur ekstremitas inferior yang diberikan intervensi Mobilisasi dini selama 2×24 jam. **Hasil :** Terjadi peningkatan pergerakan ekstremitas, penurunan nyeri, berkurangnya keterbatasan gerak, dan meningkatnya kemandirian pasien. **Kesimpulan :** Mobilisasi Dini efektif meningkatkan mobilitas fisik pada pasien post operasi fraktur ekstremitas inferior.

Kata Kunci : Mobilisasi Dini, Gangguan Mobilitas Fisik, Fraktur Ekstermitas Inferior, Asuhan Keperawatan

Abstract

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Implementation of Early Mobilization Post-Operative in Patients with Fractures with Impaired Physical Mobility in the Seruni Ward of Dr. Soebandi Regional Hospital, Jember

xvii + 102 Pages + 13 Tables + 3 Figures + 1 Diagram + 13 Attachments

Abstract

Background: Impaired physical mobility often occurs in patients with post-operative inferior extremity fractures due to pain and limited mobility. Early mobilization can help improve mobility and accelerate patient recovery. **Objective:** To analyze the implementation of Early Mobilization in patients with post-operative inferior extremity fractures with a nursing diagnosis of impaired physical mobility. **Method:** A case study of a patient with post-operative inferior extremity fractures who received Early Mobilization intervention for 3x24 hours. **Results:** There was increased extremity movement, decreased pain, reduced mobility limitations, and increased patient independence. **Conclusion:** Early mobilization effectively improves physical mobility in patients postoperatively with inferior extremity fractures.

Keywords: *Early Mobilization, Impaired Physical Mobility, Inferior Extremity Fracture, Nursing Care*