

ABSTRACT

DESCRIPTION OF THE LEVEL OF FUNCTIONAL CAPABILITY OF POST-OPERATIVE PATIENTS TOTAL KNEE REPLACEMENT

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Decreased functional ability can be caused by osteoarthritis, which is characterized by difficulty in getting up from sitting, squatting, standing or walking, walking up and down stairs or activities lying on the knees. The phenomena obtained at the research site were a decrease in functional ability after TKR surgery, complaints of pain, patients were afraid to move and start activities after TKR surgery. The aim of this research is to determine the level of functional ability of patients after Total Knee Replacement surgery at Husada Utama Hospital, Surabaya. The research method used is descriptive research. This research variable is the functional ability of patients after Total Knee Replacement surgery. The population in the study were post-TKR patients, the total population in this study was 36 people using data collection techniques using consecutive sampling. Data was collected by distributing IKDC (International Knee Documentation Committee) questionnaires. Data analysis used the ASDPP technique with the results of research on the level of functional ability of patients after Total Knee Replacement surgery. There were 23 respondents (64%) who had less functional ability, 12 respondents (33%) had moderate functional ability, and 1 respondent (3%) had moderate functional ability. functional good. Patients after TKR surgery may have reduced functional abilities so that mobilization and rehabilitation are needed. Families and medical personnel are expected to provide education to patients so that they are not afraid of post-operative mobilization and rehabilitation carried out by physiotherapy staff because it can reduce pain and increase functional abilities for mobilization and rehabilitation after Total Knee Replacement surgery.

Keywords: *Functional Capabilities, Operations, Total Knee Replacement*

ABSTRAK

GAMBARAN TINGKAT KEMAMPUAN FUNGSIONAL PASIEN PASCA OPERASI *TOTAL KNEE REPLACEMENT*

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Penurunan kemampuan fungsional dapat disebabkan oleh osteoarthritis, yang ditandai dengan penderita sulit bangkit dari duduk, jongkok berdiri atau jalan, jalan naik turun tangga atau aktivitas yang membebani lutut. Fenomena yang didapatkan di tempat penelitian adalah adanya penurunan kemampuan fungsional pasca operasi TKR, ada keluhan nyeri, pasien takut bergerak dan memulai aktivitas pasca operasi TKR. Tujuan dari penelitian ini untuk mengetahui gambaran tingkat kemampuan fungsional pasien pasca operasi *Total Knee Replacement* di Rumah Sakit Husada Utama Surabaya. Metode penelitian yang digunakan menggunakan penelitian deskriptif. Variabel penelitian ini kemampuan fungsional pasien pasca operasi *Total Knee Replacement*. Populasi dalam penelitian adalah pasien pasca TKR, jumlah populasi pada penelitian ini sebanyak 36 orang dengan teknik pengambilan data dengan *consecutive sampling*. Data dikumpulkan dengan cara membagikan kuesioner IKDC (*International Knee Documentation Committee*). Analisa Data menggunakan Teknik ASDPP dengan hasil penelitian tingkat kemampuan fungsional pasien pasca operasi *Total Knee Replacement* terdapat 23 responden (64%) memiliki kemampuan fungsional kurang, 12 responden (33%) memiliki kemampuan fungsional sedang, dan 1 responden (3%) memiliki kemampuan fungsional baik. Pasien dengan pasca operasi TKR dapat menurunkan kemampuan fungsional sehingga perlu ada mobilisasi dan rehabilitasi. Keluarga dan tenaga medis diharapkan untuk memberikan edukasi ke pasien agar tidak takut mobilisasi dan rehabilitasi pasca operasi yang dilakukan petugas fisioterapi karena dapat menurunkan rasa nyeri dan meningkatkan kemampuan fungsional mobilisasi dan rehabilitasi pasca operasi *Total Knee Replacement*.

Kata Kunci : Kemampuan Fungsional, Operasi, *Total Knee Replacement*.