

ABSTRACT

DIFFERENCES IN PAIN LEVELS IN POST OPERATIVE PATIENTS FOR LOWER EXTREMITY FRACTURES BEFORE AND AFTER EARLY MOBILIZATION AT PRIVATE HOSPITAL SURABAYA

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The issue arised in patients post-lower limb fracture surgery were pain. Patients report sensations of burned and stabbed pain on the first day post-operation. Early mobilization were implemented as a rehabilitative measure to reduce pain response. The aim of the research were to analyze the difference in pain levels in patients post-lower limb fracture surgery before and after early mobilization at a Private Hospital in Surabaya. The research design used a One Group Pretest-Posttest Design. Data collection were conducted through documentation by gathereg secondary data from patient medical records. Data for both dependent and independent variables were recorded once in the patient's medical records. Sampling used total sampling technique with a population size of 76 respondents post-lower limb fracture surgery. The instrument used were the Numeric Rating Scale (NRS), and tested with the Wilcoxon Signed Rank Test. The results of The research indicate that before mobilization, 1.3% of respondents experienced mild pain, 72.4% experienced moderate pain, 22.4% experienced severe pain, and 3.9% experienced very severe pain. After mobilization, the majority of respondents (100%) experienced a reduction in pain to mild pain. Statistical analysis shows a significance value of $p < \alpha$, which is 0.000, indicated a difference in pain levels before and after early mobilization in patients post-lower limb fracture surgery at the Private Hospital in Surabaya. The research expected that the Management of the Surabaya Private Hospital can optimize early mobilization interventions to become an effective alternative to reduce pain levels in post lower extremity fractures sugery at the Surabaya private Hospital.

Keywords: Pain Level, Early Mobilization, Post Lower Extremity Sugery

ABSTRAK

PERBEDAAN TINGKAT NYERI PADA PASIEN POST OPERASI FRAKTUR EKSTREMITAS BAWAH SEBELUM DAN SESUDAH DILAKUKAN MOBILISASI DINI DI RS SWASTA SURABAYA

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Permasalahan yang timbul pada pasien post operasi fraktur ekstremitas bawah adalah nyeri. Pasien merasakan seperti terbakar dan tertusuk dihari pertama post operasi. Mobilisasi dini sebagai salah satu tindakan rehabilitatif untuk mengurangi respon nyeri. Tujuan dari penelitian ini menganalisa perbedaan tingkat nyeri pada pasien post operasi fraktur ekstremitas bawah sebelum dan sesudah dilakukan mobilisasi dini di RS Swasta Surabaya. Desain penelitian yang digunakan adalah *One Group Pretest – Postest Design*. Pengumpulan data menggunakan dokumentasi dengan cara mengumpulkan data melalui data sekunder dalam rekam medis. Data variabel dependen dan independen hanya satu kali satu saat yang tercatat dalam rekam medis pasien. Pengambilan sampel menggunakan tehnik total sampling dengan jumlah populasi 76 responden post operasi fraktur ekstremitas bawah. Instrumen yang digunakan adalah NRS (*Numeric Rating Scale*) dan di uji dengan Uji *Wilcoxon Sign Rank*. Hasil dari penelitian ini didapatkan nyeri sebelum mobilisasi, didapatkan 1,3% responden mengalami nyeri ringan, 72,4% responden mengalami nyeri sedang, 22,4% mengalami nyeri berat dan 3,9% responden mengalami nyeri sangat berat. Setelah dilakukan mobilisasi mayoritas responden (100%) mengalami penurunan nyeri menjadi nyeri ringan. Uji statistik menunjukkan nilai signifikansi $p < \alpha$ yaitu 0,000 terdapat perbedaan tingkat nyeri sebelum dan sesudah dilakukan mobilisasi dini pada pasien post operasi ekstremitas bawah di RS Swasta Surabaya. Diharapkan pihak Managemen RS Swasta Surabaya dapat mengoptimalkan intervensi mobilisasi dini menjadi alternatif yang efektif untuk menurunkan tingkat nyeri post operasi fraktur ekstremitas bawah di RS Swasta Surabaya.

Kata Kunci : Tingkat Nyeri, Mobilisasi Dini , Post Operasi Fraktur Ekstremitas Bawah.