

POLITEKNIK KESEHATAN TANJUNGPINANG
JURUSAN KEPERAWATAN
PROGRAM STUDI PENDIDIKAN PROFESI NERS

Karya Ilmiah Akhir Ners, 10 Juni 2025

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**ANALISIS MOBILITAS FISIK PADA PASIEN POST OPERASI ORIF
FRAKTUR FEMUR DENGAN INTERVENSI EDUKASI DAN LATIHAN
MOBILISASI DINI DI RSUD JENDERAL AHMAD YANI METRO TAHUN
2025**

xvi + 45 halaman, 6 tabel dan 2 gambar

ABSTRAK

World Health Organization (WHO) tahun 2022 menyatakan adanya peningkatan insiden fraktur di dunia, dimana tercatat kurang lebih 12 juta orang dengan prevalensi 4,2% telah mengalami fraktur dan mengalami post ORIF sebanyak 2,8%. Insiden fraktur di Indonesia sebanyak 62,6% dengan post orif sebagai insiden fraktur yang paling sering terjadi yaitu sebanyak 35,8%. Kurangnya pengetahuan dan latihan tentang pentingnya mobilisasi dini pada pasien pasca operasi dapat menyebabkan pasien enggan atau tidak mampu melaksanakan latihan mobilisasi yang diperlukan, yang pada akhirnya dapat menghambat proses penyembuhan. Tujuan penelitian ini untuk analisis pengaruh intervensi edukasi dan latihan mobilisasi dini terhadap peningkatan mobilitas fisik pada pasien yang menjalani operasi orif fraktur femur di RSUD Jenderal Ahmad Yani Metro, pada 17-22 Februari 2025. Metode penelitian ini deskriptif dengan pendekatan asuhan keperawatan, menggunakan lembar ceklis untuk memantau mobilitas selama 3 hari perawatan. Hasil penelitian menunjukkan bahwa implementasi mobilisasi dini setelah edukasi berlangsung baik. Pengetahuan pasien meningkat signifikan, dan pada hari ketiga, pasien mampu melakukan mobilisasi, menunjukkan peningkatan mobilitas fisik yang signifikan dibandingkan hari pertama pasca operasi. Kesimpulannya, edukasi mobilisasi dini dan latihan efektif meningkatkan mobilitas fisik dan pengetahuan pasien pasca operasi orif fraktur femur. Diharapkan program ini diadopsi secara rutin dan terstruktur di RSUD Jenderal Ahmad Yani Metro serta diperluas cakupannya untuk pasien operasi lainnya yang memerlukan mobilisasi dini.

Kata Kunci: Mobilitas Fisik, Orif Fraktur Femur, Edukasi dan Latihan Mobilisasi Dini

TANJUNGKARANG POLYTECHNIC OF HEALTH
TANJUNGKARANG SCHOOL OF NURSING
NERS PROFESSIONAL STUDY

Final Professional Nurse report, 10 June 2025

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**ANALYSIS OF PHYSICAL MOBILITY IN PATIENTS WITH ORIF POST
OPERATING FEMUR FRACTURE WITH EDUCATIONAL
INTERVENTION AND EARLY MOBILIZATION TRAINING AT
GENERAL AHMAD YANI GENERAL HOSPITAL, METRO IN 2025**

xvi + 45 pages, 6 tables and 2 pictures

ABSTRACT

The World Health Organization (WHO) in 2022 stated that there was an increase in the incidence of fractures in the world, where approximately 12 million people, with a prevalence of 4.2%, had experienced fractures and experienced post-ORIF as many as 2.8%. The incidence of fractures in Indonesia was 62.6%, with post-ORIF being the most common fracture incident, namely 35.8%. Lack of knowledge and training about the importance of early mobilization in post-operative patients can cause patients to be reluctant or unable to do the necessary mobilization exercises, ultimately hindering the healing process. The purpose of this study was to analyze the effect of educational interventions and early mobilization exercises on increasing physical mobility in patients undergoing femoral fracture ORIF surgery at the Jenderal Ahmad Yani Metro Hospital, on February 17-22, 2025. This research method is descriptive with a nursing care approach, using a checklist to integrate mobility during 3 days of care. The results showed that the implementation of early mobilization after education went well. Patient knowledge increased significantly, and on the third day, patients could mobilize, showing a significant increase in physical mobility compared to the first day after surgery. In conclusion, early mobilization education and training effectively improve physical mobility and knowledge of patients after femoral fracture or if surgery. It is estimated that this program will be adopted routinely and structured at Jenderal Ahmad Yani Metro Hospital and will be applied to other surgical patients who require early mobilization.

Key Word: *Physical Mobility, Femoral Fracture Orif, Early Mobilization
Education and Training*