

ABSTRAK

Penerapan Mobilisasi Dini Untuk Menurunkan Nyeri Pada Pasien Post Operasi Seksio Sesarea Di RSI PKU Muhammadiyah Pekajangan

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Seksio sesarea merupakan tindakan pembedahan untuk melahirkan janin yang mengakibatkan luka pada dinding abdomen dan uterus, sehingga menimbulkan rasa nyeri pascaoperasi. Penatalaksanaan nonfarmakologis untuk mengurangi nyeri adalah melalui tindakan mobilisasi dini. Mengetahui gambaran penerapan mobilisasi dini dalam menurunkan skala nyeri pada pasien post operasi seksio sesarea. Penulisan ini menggunakan rancangan studi kasus deskriptif dengan pendekatan asuhan keperawatan pada pasien yang mengalami nyeri. Instrumen pengumpulan data menggunakan lembar observasi skala nyeri *Numeric Rating Scale* (NRS) sebelum dan sesudah dilakukan mobilisasi dini (menggerakkan tangan dan kaki, miring kanan-kiri, duduk, hingga berjalan) mulai 6 jam pascaoperasi. Hasil studi menunjukkan adanya penurunan skala nyeri setelah diterapkan mobilisasi dini. Sebelum dilakukan intervensi skala nyeri 8, setelah intervensi skala nyeri menjadi skala 2. Penerapan mobilisasi dini secara bertahap terbukti efektif dalam menurunkan nyeri pada pasien post operasi seksio sesarea. Diharapkan dapat mengoptimalkan edukasi dan pendampingan mobilisasi dini secara konsisten pada pasien pascaoperasi guna mempercepat proses penyembuhan serta mencegah risiko komplikasi

Kata Kunci: *Mobilisasi Dini, Seksio Sesarea, Nyeri Post operasi*

ABSTRACT

The Implementation of Early Mobilization to Reduce Pain in Post-Cesarean Section Patients at RSI PKU Muhammadiyah Pekajangan

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A cesarean section is a surgical procedure performed to deliver a fetus through incisions in the abdominal wall and uterus, resulting in postoperative pain. One of the non-pharmacological approaches to pain management is early mobilization. This study aims to describe the implementation of early mobilization in reducing pain intensity among post-cesarean section patients. This paper employed a descriptive case study design using a nursing care approach for patients experiencing pain. Data were collected using an observation sheet based on the Numeric Rating Scale (NRS) to assess pain levels before and after the implementation of early mobilization. The intervention consisted of gradual movements, including moving the arms and legs, turning to the right and left sides, sitting, and walking, beginning six hours after surgery. The results of the study demonstrated a reduction in pain intensity following the implementation of early mobilization. Prior to the intervention, the patient's pain score was 8, which decreased to 2 after the intervention. The gradual implementation of early mobilization was proven effective in reducing pain among post-cesarean section patients. It is expected that healthcare providers will optimize patient education and provide consistent assistance in implementing early mobilization for postoperative patients in order to accelerate the healing process and prevent potential complications.

Keywords: *Early Mobilization, Cesarean Section, Postoperative Pain.*

