

Edukasi pencegahan dislokasi dan supervised in-hospital exercise program pada klien post total hip arthroplasty di Ruang Bedah Anggrek Tengah Kanan RSUP Persahabatan = Education of preventing dislocation and supervised in-hospital exercise program on client of post total hip arthroplasty in Bedah Kelas Room Anggrek Tengah Kanan RSUP Persahabatan

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Abstrak

Masalah masyarakat perkotaan yakni perubahan gaya hidup terkait pola makan dan aktivitas fisik berdampak pada obesitas yang mempengaruhi program rehabilitasi klien post total hip arthroplasty. Obesitas menjadi salah satu faktor risiko terjadinya komplikasi post total hip arthroplasty yang dapat menunda kemajuan pemulihan dan penyembuhan klien. Komplikasi total hip arthroplasty berupa dislokasi dapat menyebabkan nekrosis avaskular. Nekrosis avaskular stase lanjut hanya dapat ditangani melalui operasi total hip arthroplasty. Prosedur total hip arthroplasty dapat menyebabkan kerusakan mobilitas fisik pada klien. Penulisan ini bertujuan untuk menganalisis implementasi pemberian edukasi pencegahan dislokasi dan latihan mobilisasi di rumah sakit pada klien post total hip arthroplasty. Pemberian edukasi pencegahan dislokasi dan program latihan di rumah sakit yang diawasi (supervised in-hospital exercise program) oleh perawat atau ahli fisioterapi kepada klien dan keluarga sebagai bagian dari program rehabilitasi klien post total hip arthroplasty menjadi upaya untuk meningkatkan kualitas hidup klien.

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Urban society problem which is changes in life style related to eating habits and physical activity lead to obesity which influences rehabilitation program of client after total hip arthroplasty surgery. Obesity is one of risk factors for post total hip arthroplasty complication that could delay rehabilitation progress and recovery. Total hip arthroplasty complication such as dislocation could cause avascular necrosis. Later stages of avascular necrosis could only be handled by doing the total hip arthroplasty surgery. Total hip arthroplasty surgery could cause impaired physical mobility in client. The aims of this paper was to analyze the implementation of giving education for preventing dislocation and mobilization exercise in hospital for client after total hip arthroplasty surgery. Giving education of preventing dislocation and supervised in-hospital exercise program by nurses or physiotherapists for client and family as part of rehabilitation program for client after total hip arthroplasty surgery should be addressed to improve clients' quality of life.