

# Pengaruh edukasi suportif terstruktur terhadap mobilisasi dalam konteks asuhan keperawatan pasien fraktur dengan fiksasi ekstremitas bawah di RSUP Fatmawati Jakarta = Effect of a structured supportive educative on the early physical mobilization of the patient with fracture using an extremity fixations

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## Abstrak

Edukasi Suportif merupakan salah satu intervensi keperawatan dalam mendukung pasien untuk meningkatkan pengetahuan dan keterampilan mobilisasi mandiri pasca operasi. Pengalaman di lapangan masih banyak pasien tidak melakukan mobilisasi dini pasca operasi karena kurang pengetahuan tentang mobilisasi. Penelitian ini bertujuan untuk mengetahui pengaruh intervensi edukasi suportif terstruktur terhadap kemandirian dalam mobilisasi pasien pasca operasi fiksasi ekstremitas bawah.

Penelitian kuasi eksperimen dengan rancangan yang digunakan adalah pre-test and post-test with control group design (quasy experiment with controll). Intervensi dalam penelitian ini adalah pemberian edukasi suportif terstruktur terhadap pasien fraktur dengan fiksasi ekstremitas bawah pada periode pre operasi dan diobservasi tingkat kemandiriannya terhadap mobilisasi dini pada periode pasca operasi. Sampel kelompok kontrol dan kelompok intervensi 1 : 1 (kelompok kontrol 14 pasien dan kelompok intervensi 14 pasien), sehingga total sampel adalah 28 pasien.

Hasil uji tpaired membuktikan ada perbedaan yang bermakna pada pengetahuan, sikap, dan keterampilan pasien terhadap mobilisasi dini pasca operasi ( $p=0.000$ ). Hasil uji tpooleed membuktikan adanya perbedaan bermakna pengetahuan, sikap, dan keterampilan pasien terhadap mobilisasi dini pasca operasi antara kelompok intervensi dan kelompok kontrol ( $p=0.000$ ).

Dapat disimpulkan bahwa edukasi suportif terstruktur yang diberikan pada pasien periode pre operasi fiksasi ekstremitas bawah sangat berpengaruh terhadap kemandirian mobilisasi dini pasca operasi. Sebagai rekomendasi hasil penelitian ini perlu dapat dilanjutkan sebagai intervensi di rumah sakit yang mungkin selama ini belum dilaksanakan secara terstruktur dan terencana.

.....Supportive educative is one of the nursing interventions in supporting patients to increase knowledge and skills of self mobilization during post operation phase, however in fact it was lacking of the application in the field of nursing practice. This might be due to limited knowledge of the patient about early mobilization. This study aimed to describe the influence of a structured supportive educative intervention to self mobilization among patients with post operative on the lower limbs.

A quasy experiment design using a pre test and post test with a control group method was used in this study. The intervention applied in this study was a structured supportive educative that given to patients with fracture on the lower extremity and who used the fixation as the treatment. The level of patient self care in mobilization than was observed during the post operative period. The sample size of this study was 28 patients consisted of 14 patients in each intervention and control group.

The tpaired analysis showed that there was a statistically significant difference between knowledge, attitude, and patient skills and self care on the early mobilization group ( $p=0.005$ ). Whereas the t-pooled test proved that there was a significant difference of knowledge, attitude, and patients skills in the intervention and the

control group.

This study concluded that a structured supportive educative that provided to the patients during the pre operative phase had a great influence to the self care on the early mobilization during the post operative phase. It was concluded that a structured supportive education applied had an enormous impact on the self early mobilization during the post operative phase. This study clearly recommended that it is a necessity to apply the intervention more structured and well planed in the hospital.