

# Efektifitas program konservasi keperawatan terhadap kemampuan ambulasi pascaoperasi pada pasien fraktur ekstremitas bawah = The effectiveness of nursing conservation program for postoperative ambulation in patients with lower extremity fracture

Tanjung, Dudut, author

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Abstrak

**ABSTRAK**

Ambulasi pascaoperasi penting dilakukan untuk mempercepat pemulihan pada pasien fraktur ekstremitas bawah. Ambulasi pascaoperasi sesuai dengan waktu yang direkomendasikan dapat memberikan manfaat klinis dan mencegah komplikasi pascaoperasi. Studi ini bertujuan untuk menguji efektifitas program konservasi keperawatan terhadap kemampuan ambulasi pascaoperasi. Metode penelitian yang digunakan yaitu uji klinis dengan kontrol tanpa randomisasi. Program konservasi keperawatan dirancang berdasarkan Model Konseptual Levine, yang terdiri dari; manajemen energi, latihan nafas dalam, latihan kekuatan otot, latihan rentang pergerakan sendi, terapi latihan; ambulasi, pendidikan kesehatan dan pemberdayaan keluarga. Populasi dalam penelitian yaitu: fraktur pinggul, fraktur femur, fraktur tibia/ fibula, dan fraktur pergelangan kaki. Penarikan sampel secara convenience sebanyak 54 responden, 30 responden kelompok kontrol dan 24 responden kelompok intervensi. Primary outcome yang dinilai, yaitu kemampuan ambulasi; waktu ambulasi, kemampuan fungsional dan tingkat ketergantungan. Sedangkan, secondary outcome yang dinilai yaitu: tingkat kelelahan, tingkat nyeri, keyakinan diri, dan dukungan keluarga. Hasil penelitian menunjukkan bahwa penerapan program konservasi keperawatan efektif mempercepat waktu ambulasi, meningkatkan kemampuan fungsional, menurunkan tingkat ketergantungan, menurunkan tingkat kelelahan, menurunkan tingkat nyeri, dan meningkatkan keyakinan diri p

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**ABSTRACT**

Abstract Postoperative ambulation is an essential intervention to facilitate recovery in patients with lower extremities fracture. Regular post operative ambulation may contribute to the positive clinical outcomes and prevent post operative complications. This study aimed to examine the effectiveness of Nursing Conservation Program towards ambulation ability in patients with lower extremities fracture. A non randomized control clinical trial design was used in this study. Nursing Conservation Program was designed based on Levine rsquo s Conceptual Model which consisted of energy management, deep breathing exercise, muscle strength exercise, range of motion exercise, exercise therapy ambulation, health education, and family empowerment. Population in this study were patients with hip, femur, tibia fibula, and ankle fracture. The samples were recruited using convenience sampling technique, yielding 54 respondents, 30 respondents were in the control group and 24 respondents were in the intervention group. Primary outcomes were included ambulation ability which consisted of time, functional ability, and dependency level. Meanwhile, secondary outcomes were assessed from the level of fatigue, pain level, self confidence, and family support. This study found that the application of Nursing Conservation Program was effective to accelerate ambulation time, enhance functional ability, reduce self dependency, fatigue and pain level, and increase self confidence p