

# Analisis asuhan keperawatan masyarakat perkotaan pada pasien Total Hip Replacement dengan Intervensi Therapeutic Exercise di RSUP Fatmawati Jakarta = Analysis nursing practice of urban health care on patient Total Hip Replacement with Therapeutic Exercise Intervention at RSUP Fatmawati Jakarta

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## Abstrak

Fraktur merupakan salah satu masalah perkotaan akibat cedera fisik. Penatalaksanaan fraktur patologis cukup kompleks dan mengakibatkan imobilisasi yang lama. Tingkat kemampuan mobilisasi pasien pasca total hip replacement dapat ditingkatkan melalui therapeutic exercise yang meliputi latihan range of motion, ankle pump, quads statis dan gluteal statis, serta latihan ambulasi menggunakan alat bantu yang telah diajarkan selama masa rawat.

Hasil latihan menunjukkan meningkatnya kemampuan mobilisasi secara bertahap dan aman. Therapeutic exercise merupakan latihan efektif untuk meningkatkan mobilisasi dan mendukung ambulasi. Perawat perlu meningkatkan pengetahuan dan kemampuan melakukan therapeutic exercise untuk meningkatkan mobilisasi dan dibarengi peningkatan status kesehatan dengan perbaikan masalah kesehatan pasca THR.

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The most frequent problem of urban health is fractures due to physical injuries. The management of pathological fracture is complex and leads to prolong immobilization. Patients ability level after total hip replacement surgery can be enhanced by therapeutic exercise that includes range of motion, ankle pump, quads and gluteal static exercise, and ambulatory exercises using walker in rehabilitation phase while hospital stays.

The results of exercise show patients ability had increased gradually and secure to perform mobilizations. Therapeutic exercise is an effective exercise to improve mobilization and support ambulation. Nurses need to improve their knowledge and ability to perform therapeutic exercise as treatment of mobilization and be accompanied by improved patient health status from potential health problems after total hip replacement.