

# Analisis praktik klinik keperawatan medikal bedah pada kasus fraktur humerus sinistra post open reduction interna; fixation di RS Universitas Indonesia = Analysis of medical surgical nursing clinical practice in left humeral fracture patient post open reduction internal fixation in University of Indonesia's Hospital

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## Abstrak

Fraktur merupakan salah satu gangguan sistem muskuloskeletal yang menyebabkan keterbatasan fisik dalam bergerak dan beraktivitas. Tn. BP mengalami fraktur humerus sinistra sejak dua minggu lalu dan direncanakan tindakan open reduction internal fixation (ORIF) pada 28/4/2022. Pasien dikelola oleh penulis sejak pra ORIF (26/4/2022) hingga dipulangkan pada 30/4/2022. Kondisi post ORIF, pasien masih merasa nyeri dan mengalami keterbatasan gerak ekstremitas atas sinistra. Oleh karena itu ditegakkan masalah keperawatan berupa nyeri akut, gangguan mobilitas fisik, dan gangguan integritas kulit. Pasien dilakukan latihan range of motion (ROM) untuk mengatasi gangguan mobilitas fisik yang dialaminya dengan tujuan meningkatkan pergerakan sendi dan mencegah komplikasi paska bedah. Latihan ROM pada ekstremitas atas sinistra khususnya pergelangan dan jari-jari tangan dilakukan sejak pasien masuk ruang perawatan, sedangkan pada sendi siku dilakukan H1 post ORIF. Latihan ROM dilakukan selama 5 hari dengan frekuensi latihan 3 kali sehari, durasi 10 menit, dan 5 kali pengulangan. Selanjutnya dilakukan pengukuran gerakan fleksi sendi siku sesuai batas toleransi pasien menggunakan alat ukur goniometri. Karya ilmiah ini menunjukkan latihan ROM post ORIF yang dilakukan selama 2 hari terbukti efektif meningkatkan derajat rentang gerak sendi siku pasien hingga 70o dengan ROM aktif dan menjadi 90o dengan ROM pasif. Selain itu, pasien mengatakan mampu menggerakkan sendi siku sebesar 100o dengan ROM aktif maupun pasif saat dilakukan follow up kondisi pasien setelah dipulangkan (H6 Post ORIF). Implikasi karya ilmiah ini menunjukkan latihan ROM pada pasien fraktur post ORIF perlu dilakukan dengan rutin agar mencapai hasil yang maksimal serta diperlukan keterlibatan aktif perawat dalam menginisiasi latihan ROM pada pasien.

.....fractured his left humerus 2 weeks ago and is planning open reduction internal fixation (ORIF) on 28/4/2022. The patient was managed by the authors from pre ORIF (26/4/2022) until he was discharged on 30/4/2022. Post-ORIF condition, the patient still feels pain and limitation of motion in the left upper extremity. Therefore, nursing problems are defined in the form of acute pain, impaired physical mobility, and impaired skin integrity. The patient underwent a range of motion (ROM) exercise to overcome the impaired physical mobility he experienced to improve joint movement and prevent postoperative complications. ROM exercises on the left upper extremity, especially the wrist and fingers, were carried out since the patient entered the treatment room, while the elbow joint was performed H1 after ORIF. ROM exercises were performed for 5 days with a frequency of 3 times a day, a duration of 10 minutes, and 5 repetitions. Furthermore, the measurement of elbow joint flexion movement according to the patient's tolerance limit was carried out using a goniometric measuring instrument. The results showed that post-ORIF ROM exercise for 2 days was proven to be effective in increasing the degree of range of motion of the patient's elbow joint up to 70o with active ROM and up to 90o with passive ROM. In addition, the patient said he could move the elbow joint by 100o with active or passive ROM when monitoring the patient's

condition was carried out after H6 Post ORIF. The implication of this scientific work shows that ROM exercises in post-ORIF fracture patients need to be carried out routinely to achieve maximum results and the active involvement of nurses in initiating ROM exercises in patients is required.