

Analisis implementasi asuhan keperawatan dengan pendekatan keperawatan kesehatan masyarakat perkotaan dan intervensi mobilisasi dini latihan kekuatan otot pada klien fraktur collum femur post operasi total hip replacement di ruang rawat GPS 1 RSUP Fatmawati =  
Analysis of nursing care implementation with nursing approach urban community health and intervention early mobilization muscle strength training on clients fracture femur collum post operation total hip replacement in room GPS 1 RSUP Fatmawati

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Abstrak

Osteoarthritis adalah penyakit degenerasi pada sendi yang melibatkan kartilago, lapisan sendi, ligamen, dan tulang karena proses inflamasi kronis pada sendi dan tulang disekitar sendi, sehingga dapat menyebabkan fraktur dengan angka kejadian yang meningkat ketika disertai dengan obesitas. Obesitas terjadi karena gaya hidup yang kurang baik, seperti menurunnya minat dalam berolah raga. Individu dengan osteoarthritis pada sendi panggul dan disertai obesitas mudah mengalami fraktur collum femur sehingga ketika sudah terjadi fraktur maka diperlukan tindakan operasi THR Total Hip Replacement . Pada post operasi Total Hip Replacement harus segera dilakukan mobilisasi dengan latihan kekuatan otot seperti ankle pump, pengesetan quadriseps, gluteal, hip and knee flexion, short arc quad, bed mobility exercise dan latihan penggunaan alat walker. Hasil yang didapatkan, klien mendapatkan tingkat ambulasi yang diharapkan, tidak terjadi komplikasi pada berbagai sistem tubuh serta tidak memperpanjang masa rawat.

.....Osteoarthritis is a degenerative disease of the joint involving the cartilage, lining of the joints, ligaments, and bones due to chronic inflammatory processes in the joints and bones around the joint, thus causing fractures with increased incidence rates when accompanied by obesity. Obesity occurs due to poor lifestyle, such as decreased interest in exercise. Individuals with osteoarthritis of the hip joint and with obesity are susceptible to fracture of the femur collum so that when a fracture occurs it is necessary to perform THR Total Hip Replacement surgery. In post operation Total Hip Replacement should be mobilized with muscle strength training such as ankle pump, quadriseps setup, gluteal, hip and knee flexion, short arc quad, bed mobility exercise and walker tool usage exercise. The results obtained, the client gets the expected level of ambulation, no complications occur on various body systems and does not extend the length of stay.