

Analisis asuhan keperawatan pada kasus closed fracture of right shaft femur dan pemberian latihan ankle pump = Analysis of nursing care in closed fracture of right shaft femur cases and ankle pump exercise

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Abstrak

Penatalaksanaan medis pada closed fracture shaft femur seringkali menimbulkan nyeri, edema, penurunan kekuatan otot, dan keterbatasan lingkup gerak sendi. Penatalaksanaan yang salah pada fraktur femur akan berdampak pada kekakuan sendi, nekrosis avascular, penyatuan nonfungsional dan penyatuan terhambat. Oleh karena itu, dibutuhkan program latihan yang efektif untuk mencegah komplikasi tersebut, diantaranya melalui latihan ankle pump. Penulisan karya ilmiah ini menggunakan metode studi kasus dengan tujuan menggambarkan efektifitas latihan ankle pump dalam mempercepat pemulihan pasca pembedahan orthopaedi. Latihan ankle pump terbukti efektif dalam menurunkan nyeri, menghilangkan edema dan meningkatkan kekuatan otot yang memudahkan klien dalam ambulasi secara bertahap

Medical management of the closed fracture shaft femur often causes pain, edema, decreased muscle strength, and limited joint motion. Incorrect management of femoral fractures will have an impact on joint stiffness, avascular necrosis, nonfunctional union and inhibited unification. Therefore, an effective exercise program is needed to prevent these complications, including through ankle pump training. This scientific paper use case study method to describe analysis of the effectiveness of ankle pump exercises in accelerating post-orthopedic surgery recovery. Ankle pump exercise is proven effective in reducing pain, eliminates edema and increases muscle strength which facilitates the client in gradual ambulation.