

Analisis praktik klinik keperawatan kesehatan masyarakat perkotaan pada Kasus total hip replacement di Gedung Lantai 4 RSUPN Ciptomangunkusumo Jakarta = Analysis of clinical practices in urban public health nursing in total hip replacement 4th Floor Building of RSUPN Ciptomangunkusumo Jakarta

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Abstrak

Masyarakat perkotaan berisiko mengalami kecelakaan yang menyebabkan fraktur. Peningkatan jumlah kendaraan bermotor dan padatnya populasi serta pola aktivitas masyarakat perkotaan yang serba terburu-buru menyebabkan fraktur seperti fraktur hip. Salah satu upaya manajemen fraktur yaitu Total Hip Replacement (THR) yakni pergantian tulang sendi yang patah dengan protesis. Karya ilmiah ini disusun berdasarkan asuhan keperawatan yang dilakukan mahasiswa selama 3 minggu di lantai 4 Gedung A RS Ciptomangunkusumo Jakarta.

Tulisan ini difokuskan pada pasien fraktur femur post Total Hip Replacement. Adapun teknik pengumpulan data yang digunakan meliputi wawancara, observasi klien, catatan individu, rekam medik dan dokumentasi proses keperawatan yang dilakukan selama 4 hari (8-11 Mei 2019). Data yang telah dikumpul dianalisis untuk melihat masalah keperawatan yang dialami klien serta meninjau keefektifan intervensi edukasi pencegahan dislokasi yaitu memberikan pendidikan kesehatan kepada klien terkait hal apa yang perlu diperhatikan dan dihindari agar tidak terjadi dislokasi dan melakukan latihan kekuatan otot seperti : angle pump, quad sets, glut sets, heel sets, dan short arc quad.

Hasil yang didapatkan klien mampu melakukan latihan kekuatan otot dan mempercepat mobilisasi serta klien tidak terjadi dislokasi hip replacement. Latihan kekuatan otot sangat bermanfaat untuk mencegah terjadinya dislokasi pada pasien post THR dan meningkatkan kekuatan otot dalam melakukan mobilisasi klien serta meminimalkan komplikasi dari fraktur. Dalam memberikan asuhan keperawatan pasien post THR perawat memberikan asuhan keperawatan dengan berulang kali dan menggunakan leflet agar klien mudah mengingat dan melakukannya kembali dan sebaiknya edukasi dilakukan saat pasien preoperasi dan post operasi THR.

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Urban communities are at risk of having an accident that causes a fracture. Increasing the number of motorized vehicles and the density of the population and the pattern of activities of urban communities that are in a hurry cause fractures such as hip fractures. One attempt at fracture management is Total Hip Replacement (THR), which is a broken joint replacement with a prosthesis. This scientific work was prepared based on nursing care carried out by students for 3 weeks on the 4th floor of Building A, Ciptomangunkusumo Hospital, Jakarta.

This paper focuses on femur fracture patients post Total Hip Replacement. As for the data collection techniques used include interviews, client attendance, individual records, medical records and documentation of the nursing process carried out for 4 days (8-11 May 2019). Data that has been collected is analyzed to see the nursing problems experienced by the client and review the effectiveness of dislocation prevention education interventions, namely providing health education to clients regarding what needs to be

considered and avoided so as not to dislocate and do muscle strength training such as ankle pump, quad sets, glut sets, heel sets, and quad short arc.

The results obtained by the client are able to do muscle strength training and accelerate mobilization and the client does not have a hip replacement dislocation. Muscle strength training is very useful for preventing dislocation in post THR patients and increasing muscle strength in mobilizing clients and minimizing complications from fractures. In providing nursing care for post-THR patients nurses provide nursing care repeatedly and use leaflets so that clients are easy to remember and do it again and education should be done when the patient is preoperative and post-THR surgery.