

Faktor-Faktor yang Berhubungan dengan Tingkat Mobilisasi Pasien Overweight dan Obesitas Pasca Pembedahan = Factors Associated with the Level of Mobilization in Overweight and Obese Patients Post Surgery

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Abstrak

Pendahuluan: Overweight dan obesitas adalah masalah kesehatan umum yang mempengaruhi mobilitas pasien pasca operasi. Memahami faktor-faktor yang memengaruhi mobilisasi pasca operasi pada populasi ini penting untuk meningkatkan hasil pemulihan.

Metode: Penelitian kuantitatif non-eksperimental ini menggunakan survei potong lintang untuk menilai variabel yang berkaitan dengan mobilisasi pasca operasi pada pasien overweight/obesitas. Pengumpulan data melibatkan instrumen observasional dan analisis statistik.

Hasil: Mayoritas responden adalah laki-laki (53.3%), berpendidikan SMA (41.3%), bekerja (56.0%), dan menikah (75.3%). Mayoritas memiliki overweight (76%), menjalani operasi pencernaan (27.3%), menerima anestesi umum (71.3%), memiliki riwayat operasi sebelumnya (61.3%), tanpa komorbiditas (66%), dan tanpa komplikasi pasca operasi (82.0%). Ditemukan hubungan signifikan antara jenis operasi, komplikasi, dan hari pasca operasi (POD) dengan tingkat mobilisasi.

Diskusi dan Kesimpulan: POD yang lebih lama berdampak negatif pada mobilisasi, sementara jenis operasi berdampak positif.

Rekomendasi: meliputi perawatan keperawatan yang disesuaikan, program manajemen berat badan, manajemen anestesi yang hati-hati, dan protokol mobilisasi dini yang terstruktur.

.....**Introduction:** Overweight and obesity are prevalent health issues affecting post-surgical patient mobility. Understanding factors influencing post-surgical mobilization in this population is crucial for improving recovery outcomes.

Method: This quantitative non-experimental study utilized a cross-sectional survey to assess variables related to post-surgical mobilization in overweight/obese patients. Data collection involved observational instruments and statistical analyses.

Results: Majority of respondents were male (53.3%), educated to high school level (41.3%), employed (56.0%), and married (75.3%). Most had overweight (76%), underwent digestive surgery (27.3%), received general anesthesia (71.3%), had previous surgeries (61.3%), no comorbidities (66%), and no post-operative complications (82.0%). Significant associations were found between surgery type, complications, and days post-operative (POD) with mobilization levels.

Discussion and Conclusion: Higher POD negatively impacts mobilization, while surgery type positively influences it.

Recommendations: include tailored nursing care, weight management programs, careful anesthesia management, and structured early mobilization protocols