ASUHAN KEPERAWATAN PADA PASIEN POST OPERASI OPEN REDUCTION INTERNAL FIXATION (ORIF) ATAS INDIKASI FRAKTUR DISTAL RADIUS DENGAN GANGGUAN MOBILITAS FISIK DI RUANG ALAMANDA BEDAH RSUD MAJALAYA

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ABSTRAK

Latar Belakang: Fraktur radius distal adalah patah tulang yang sering terjadi akibat benturan langsung, seperti saat kecelakaan atau ketika seseorang terjatuh dan menggunakan tangannya untuk menahan jatuhnya tubuh. Penanganan utamanya adalah open reduction internal fixation (ORIF) yang dapat menyebabkan gangguan mobilitas fisik pasca operasi. Penelitian ini untuk menggambarkan asuhan keperawatan pada pasien post ORIF fraktur distal radius dengan gangguan mobilitas fisik melalui penerapan latihan Range of Motion (ROM) pasif. **Metode:** Deskriptif studi kasus dengan pendekatan proses keperawatan pada dua pasien selama 3×24 jam. Pengumpulan data melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi rekam medis, berpedoman pada standar SDKI, SIKI, dan SLKI. **Hasil:** Intervensi dukungan mobilisasi dengan latihan ROM pasif 15 menit, menunjukkan peningkatan kemampuan gerak pada kedua pasien. **Diskusi:** Membantu pasien menggerakkan pergelangan tangan secara perlahan dan memberikan dukungan saat bergerak dapat membantu mereka memulihkan pergerakan lengan yang lebih baik setelah mengalami fraktur radius distal yang ditangani dengan ORIF. Perawat dapat memberikan motivasi kepada pasien serta melibatkan keluarga saat melakukan latihan rentang gerak (range of motion).

Kata Kunci: Asuhan Keperawatan, Fraktur Distal Radius, Gangguan Mobilitas Fisik, ORIF, Range of Motion (ROM)

NURSING CARE FOR POST-OPERATIVE PATIENTS UNDERGOING OPEN REDUCTION INTERNAL FIXATION (ORIF) INDICATED FOR DISTAL RADIUS FRACTURE WITH IMPAIRED PHYSICAL MOBILITY IN THE ALAMANDA SURGICAL ROOM OF MAJALAYA REGIONAL HOSPITAL

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ABSTRACT

Background: *A distal radius fracture is a common injury resulting from direct impact, such as during an accident or a fall where the individual uses their hand to break the fall. The primary treatment is open reduction and internal fixation (ORIF), a procedure that can lead to impaired physical mobility post-operatively. This study aims to describe the nursing care provided to a patient with impaired physical mobility following ORIF for a distal radius fracture, specifically through the implementation of passive Range of Motion (ROM) exercises.****Methods:*** *This study used a descriptive case study design with a nursing process approach in two patients for 3×24 hours. Data were collected through interviews, observations, physical examinations, and medical record documentation, guided by SDKI, SIKI, and SLKI standards.* ***Results:*** *Mobilization support interventions with passive ROM exercises for 15 minutes showed improvement in movement ability in both patients.* ***Discussion:*** *Assisting patients in slowly moving their wrists and providing support during movement can help them regain better arm mobility following a distal radius fracture treated with ORIF. Nurses can motivate patients and involve their families when performing range-of-motion exercises.*

Keywords: *Nursing Care, Distal Radius Fracture, ORIF, Impaired Physical Mobility, Range of Motion (ROM)*